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# HOW TO LIVE 100 YEARS

AND RETAIN  
YOUTH, HEALTH <sup>and</sup> BEAUTY

A COURSE OF  
PRACTICAL LESSONS IN  
LIFE CULTURE

BY  
A. VICTOR SEGNO



LOS ANGELES, CAL., U. S. A.  
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## P r e f a c e

Man's ambition having increased out of proportion to the number of years of his physical life, he necessarily failed to complete his undertakings before the destruction of his body took place. To me it seemed unjust that man should work so hard and then never, except in a limited number of cases, have the pleasure of realizing that he had accomplished his purpose.

I determined to ascertain the cause, and, if possible, find a cure for it. My investigations and experiments have demonstrated conclusively that man himself is responsible for the limited life he

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lives because he has remained ignorant of the forces which sustain life and create health.

Having thoroughly tested the truth of the system I advocate, I offer it to all noble minded men and women desiring to lengthen their lives that they may be of greater use to their fellowmen and to future generations.

By conscientiously following these instructions you can, I assure you, reach at least one hundred years of age in the enjoyment of youth, health and beauty.

A. VICTOR SEGNO

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## LESSON I.

### *To Lengthen Life, A Noble Ambition*

The desire to live is the most natural and logical ambition of the human race. Nature created us with a desire to live, and it is through this desire that we have prolonged our lives. Perfect physical and mental manhood or womanhood is the image we admire and aspire to. Those who desire death bring about their own destruction. Fortunately, all pleasures spring from abundant life; hence, life becomes worth striving for. Life means health, and health means life. Where health does not exist, life is not abundantly present. Accomplishment is gradually becoming more attractive to man, and, as a natural result, a de-

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sire is created for a longer term of years in which to perfect his work and enjoy the result of his labor. The capacity to live increases in perfect correspondence with the increased desire to live, Nature having provided a supply for every natural demand.

Life insurance statistics clearly demonstrate that the average length of life has increased greatly in the past twenty years. This increase has been so pronounced that it has been necessary for Insurance Companies to formulate a new scale of rates for the different ages. This is a very important fact, as it has a direct bearing upon your life and upon mine. The future, however, holds greater promises than have been realized in the past, because we have arrived at an age of intelligence, where man has learned that he can be the master of his own body and keep it in perfect health and beauty for an indefinite length of time. Heretofore people were ignorant of the process by which their bodies were built and sustained, but now they are learning the wisdom of the words, "Know thyself."

In response to the demand of an intelligent public for a longer and healthier existence, I shall in these lessons give detailed, definite and practical instructions that will enable every person who follows them



## A Noble Ambition

to live one hundred years or longer and preserve both mind and body in perfect condition.

There are living at the present time several thousands of people who are over one hundred years of age. This is a proof that people can live longer than the average man or woman is now doing. Where there are now thousands, there should be millions, and will be before another century rolls around. The public is prone to regard the centenarian with awe and wonder, as though for some mysterious reason Nature had in his case stepped aside from its stern purpose of destruction. This is a serious misconception, for the efforts of Nature are always directed toward producing a more abundant life for us. It is through ignorance of this fact that man unconsciously places obstacles in Nature's way, thereby retarding his harmonious progress toward health and long life.

The men and women who have reached one hundred years of life have no peculiar power unattainable by the rest of humanity. Consciously or unconsciously, they have placed themselves in tune with certain principles of life, and thereby secured the natural reward—health and longevity.

I desire to assure you that to reach one hundred

## How to Live 100 Years

years in the full possession of health and beauty is a veritable possibility. Consider carefully the many advantages of a longer life. To desire to live one hundred years is certainly a laudable ambition, but how much grander is the firm intention of reaching the century milestone in the full possession of the power and beauty of superb manhood and womanhood. The decrepit, tottering centenarian, whose childish tones and infantile expressions attract the sympathy of those who observe them, is the direct opposite of the ideal I present to you. That you may more clearly understand my meaning, picture the hero or heroine of a hundred years as stronger, healthier, happier and wiser for every year that has been lived, as being in the prime of life and still having many years of happy, useful life ahead, and you will then approach to a conception of the condition I shall instruct you to attain.

Some men and some women have reached the age of one hundred years without following a well-defined system of living. But this was not due to chance, for in the whole realm of Nature nothing occurs except as the direct result of a specific cause. Those who have reached the one hundred mark without apparent effort have unconsciously conformed to Nature's laws. In

## A Noble Ambition

some cases they may even have ignored certain principles of hygiene. In such cases long life was earned not by these peculiarities, but in spite of them. In the cultivation of vitality their other habits of living over-balanced the defective ones and resulted in their favor. Had the correct course in all things been followed, they, no doubt, would have added many more years to their lives. Because a few have lived to the century mark in spite of their negligence, it would not be wise for you to hazard your future on a similar plan with the prospects so strongly against you. You can, however, be absolutely sure of reaching the desired goal if you earnestly adhere to the principles of life as explained in these lessons.

Ignorance is daily leading men and women to premature graves, and nothing can rescue them from this destruction but intelligence applied to the daily life. The present awakening interest in the subject of longevity is leading people of intelligence to ask "How shall I live today so that I can assure myself of increased life in future years?" This is a wise question for you to ask yourself. The manner in which you live from today on will decide your future health and happiness. In other words, you are today sowing the

## How to Live 100 Years

seeds of youth or old age, health or sickness, happiness or misery, life or death. Every seed brings forth of its kind, and the harvest is sure to follow in due time.

You, no doubt, have read the romantic story of Ponce de Leon and his search in the vales and forests of Florida for the mystic fountain of youth, that would enable the discoverer to regain and retain youth, health and beauty. He was doomed to disappointment, for, while his ideal was beautiful, his method was impractical. He made the serious mistake that so many people of today are making—he believed that the source of health and youth existed outside of himself. Those who have learned the laws of health and life know that the fountain of youth is within us. The majority of people, through a failure to recognize this all-important fact, resort to the medicine bottle for health. In this way they limit their life and injure their health. Those who worship at the shrine of drugs will eventually, and possibly when too late, discover that they have been serving a false master—that they have been slaves to a delusion that has destroyed them.

Nature cures, and not medicines. The drug theory is a fallacy. God never made his work for man to mend. It is necessary that this fact should be empha-

## A Noble Ambition

sized in order that all false dependence be laid aside and the true methods carefully studied and faithfully practiced. It should be a great pleasure to every man and woman to know that there is within each of us a fountain of abundant life, which, when fully recognized and developed, will literally bathe every part of the being in its renewing stream.

Youthful life and beauty is a reality so inviting, and decrepitude and ugliness so repulsive, that we should faithfully direct our powers toward living the life that gives enduring youth and health.

In the minds of all true and intelligent men and women there are strong ambitions and desires to excel in some particular line of endeavor. To such people the shortness of the average life is a great disappointment, because the greater part of their ambition must be repressed and much of the work they desired to do be left unfinished. To these aspiring souls the knowledge of how to prolong the youthful life of the body to the crest of a century will be a welcome message. Instead of their grand ideals being laid aside as impossible on account of limited time, they will be taken up with renewed purpose and vigor. What grand opportunities will be opened up to them for the devel-



## How to Live 100 Years

opment of power and genius. These opportunities mean everything to those noble men and women who are constantly seeking for a higher and better expression of life.

It is a noteworthy fact that it is the strong, healthy people of well-developed intellects who most desire to prolong life. It is the coward and weakling who desires to early escape its responsibilities. The man of intelligence knows that each added year of health and strength means increased opportunities for improvement, for the development of character and for living a life of usefulness that will be a blessing to others as well as self.

Under old conditions, just when a man's forces should have developed into great power and usefulness, they began to decline. Just when the wisdom from past experiences should have been of the greatest value, it was supplemented by failing powers, lack of perception and loss of physical and mental control. This is an abnormal condition that need no longer destroy the usefulness of humanity.

This is a century of rapid progress and wonderful discoveries. We can only dimly foresee the grand and glorious benefits to future generations that will result



## A Noble Ambition

from our present efforts. The near future holds for you and for all more wonderful possibilities than you can now comprehend. To participate in the coming developments, you, like every other man of thought and action, must aspire to gain and retain health, strength and long life.

The growing intelligence of man is removing the crudities of life, banishing sickness, poverty and misery, and, in their place, attracting health, wealth and happiness, thus making this earth a literal paradise. I have a definite reason for pointing out to you some of the glorious possibilities of the coming years. Because it is necessary that you enter into this attainment with the vim and vigor of the man who has high ideals and with the confidence, determination and will to effectually carry the rules into daily practice.

I want you to understand that the mere length of life is not the only question at issue. It is true that we desire long life, health and youthfulness, but we must also be wise enough to recognize that the quantity or length of life depends upon the quality or usefulness of life.

Our great attainment therefore consists of elevating the quality of daily life to the highest possible stand-

## How to Live 100 Years

ard. You will readily see that the method I teach is not based on the selfish desire to gain life for purely personal gratification. We can do nothing without life, and without healthful, vigorous life we are seriously handicapped. "The survival of the fittest" is a law we must consider. The normal ambition of every man and woman, therefore, should be to prolong health and life by becoming fit to survive. If you would live one hundred years in health and beauty, you must fit yourself for that grand position. You need not expect to live a century by reason of your mere desire. You must back up that desire by the honest endeavor to truly fit yourself for the prolongation of life. The stern, yet beautiful, purpose of Nature is to remove the unfit to make room for the fit. As a student of these lessons, you can positively place yourself in a fit condition to live a complete century and still possess the clear mind, the strong, healthy, beautiful body, the perfect hearing and sight of the man of twenty-five. The hundred years will not represent the decline, but the prime of life.

Take a good honest look at yourself as you appear today. What do you see pictured in the mirror before you? Do you see youth, power and beauty of form

## A Noble Ambition

and features? If you are so fortunate, you may retain all these beyond the boundary of a century. Do you instead see pictured the man or woman of middle age? Are you at that critical point between youth and old age? If so, these lessons will teach you to live each day so that the advance of age may be stopped. Perhaps the mirror reveals the image of old age. Is your case hopeless? Is it too late to mend? No, not if you will make a supreme effort to renew and invigorate your life. The signs of approaching old age can be removed, the will power strengthened, the memory brightened, the body made erect, strong and supple.

From this introductory lesson, you will have gleaned an idea of my purpose in teaching people to prolong their lives. It will have prepared you to understand the system of bodily renewal which I will explain in the next lesson, and the instructions and rules given in the succeeding lessons.

The majority of people who fail, do so for the reason that they have no clearly defined and formulated ideals in life. They have vague longings and half formed ambitions, but have not devoted sufficient study and energy to them to have them rightly directed. The marksman must clearly center his vision on the bulls-

## How to Live 100 Years

eye. There must be no uncertainty in his aim. His skill as a marksman depends upon his clearness of direction. So each student of these lessons must see clearly before his mental vision the ideal of one hundred years of superb health and beauty and never let a lesser ideal obscure the view.



## LESSON II.

### *Bodily Renewal—Nature's Method*

That all who so desire may understand how the life of the body can be regained and retained, I will explain what has heretofore been a mystery—Nature's process of construction and destruction as carried on within the body.

Ordinarily people regard birth as the commencement of life, and death as the end. This idea is erroneous, for the process of birth and death is going on within the physical body every moment of the day. Life consists of a process of continuous death and birth or destruction and reconstruction. The body is undergoing a complete molecular change at all times. Ev-

## How to Live 100 Years

ery breath you inhale gives birth and life to some new cells or tissue. Every breath you exhale is a form of death carrying away the worn-out useless particles from the body. Every ounce of food or water taken into the system produces a change in the formation of the body. Through this process of construction and destruction, your entire body is made new in less than one year. Think of it. Your entire body passes from your possession every twelve months and you are again in possession of an entirely new one.

The reason this important fact has escaped your observation is because the change is so gradual. As each atom and molecule is displaced by the activities of life, a new one takes its place. In this way the body is kept, in part, always new.

You will see by this statement that death in some form is a vital process of life. Life is a constant change and no change can take place in the body without using and thus destroying some of the particles of which it is composed. It would be impossible for us to perform the various activities of life without the incessant activity of death.

This fact is quite different from the ideas held by most people on this subject. Those who have not

## Bodily Renewal

grasped this new principle believe that death is at enmity with life and is actually antagonistic to it.

There are two kinds of death—one is termed somatic and the other molecular. Somatic death is the complete loss of the body as a whole, this being the only form of death generally recognized. Molecular death is the constant destruction of the molecular particles and their removal from the physical system.

An important fact for you to grasp is, that death is always a friendly process. It is a process of eliminating the worn-out atoms of the body so that they may be replaced by new atoms. Death is a servant, and its services are absolutely necessary to our continuation and enjoyment of life. The work of molecular death is to clear away the waste matter, which, if allowed to accumulate, would quickly produce the condition known as "old age" and somatic death.

As death is a vital process of life, it is necessary that you recognize it as friendly and lend it all the assistance possible.

The first essential in the attainment of long life is the right mental attitude. This attitude must be that of perfect harmony with the normal processes of life. Many people doubt their ability to live in youth and

## How to Live 100 Years

beauty for one hundred years, because they doubt their ability to defy death for so long a period.

When one rightly understands the process of life, he ceases to think of defeating death. We can no more suppress the process of death than we can suppress the act of exhaling the breath. Bear in mind that we live by a constant process of dying and being reborn. When you have fully grasped this truth you will neither fear death nor seek to defeat it. Remember you have no enemies to conquer in the attainment of long and healthful life. The more you contemplate the process of constant destruction and reconstruction, the more fully you will realize the beautiful truth that none of the forces of Nature are arrayed against you, but instead are all working in your behalf. As you study this question, you will find that somatic death is the result of humanity's failure to understand and consciously co-operate with all the processes of life, including molecular birth and death.

In another lesson of this series I will explain wherein disease is not an enemy, but is the strenuous endeavor of Nature to remove an accumulation of poisonous waste from the system. The mental attitude should not be antagonistic to disease, but should help

## Bodily Renewal

Nature in eliminating the waste matter as quickly and harmoniously as possible.

Life, like a flowing river, is constantly undergoing change, and as the old forms of life are carried away, new ones are attracted to take their place. We cannot introduce new forms of life without changing the condition of the old ones. This constant change is absolutely necessary to the preservation of youthful existence. It alone makes evolutionary process possible. If our physical forms were fixed and unchangeable, we could not grow, gain or lose weight. Exercise could not develop our muscles, nor food and air produce blood and strength. If our bodies were not constantly changing, we would have no need of food to supply new strength and tissue. Instead, we would be as unimpressionable and unchangeable as though carved from marble. Without change there can be no life. It is the lack of molecular change that destroys our bodies.

The mechanism of the human body is so perfect that under normal conditions it replaces the weakened, worn-out atoms with new and vigorous ones. The secret of prolonging youth then lies in knowing how to provide an equal number of new atoms to take the place of the old. If the right mental attitude is main-



## How to Live 100 Years

tained and hygienic methods of living followed, there is no reason why perfect renewal should not be continued indefinitely.

You will observe that it is not my purpose to teach you how to retain your physical body with all its present component particles for one hundred years, but to instruct you in the methods by which the change and exchange of the molecules of the body can be continued so that a youthful life may be preserved as long as desired.

Not only is it impossible to preserve a body for one hundred years, but it is impossible to preserve it in its entirety for a single hour. Scientific experiments demonstrate conclusively that under normal conditions, through the process of destruction and reconstruction, our bodies are completely destroyed and rebuilt once every twelve months.

Consider what this means to you. Think of the advantages and opportunities it opens up for you to make your life a physical and mental success. If your present body is lacking in any particular you can so reconstruct it that within a year it will become a superb specimen of manhood or womanhood. You must learn to regard yourself as the architect and builder of

## Bodily Renewal

your body, then you will begin to make the changes and improvements needed in your physical house.

The constant destruction and reconstruction of the body makes perpetual growth and unfoldment possible. It gives us the key to the practical mastery of physical conditions. With each successive rebuilding it is possible for us to include more and more of health, power and beauty. In spite of imperfect ancestry, we may, by a supreme effort, overcome our defects and give birth to better conditions in our lives every year.

As a rule, people suppose they are born once and for all. I teach you a new philosophy—that birth never ceases, and that we are constantly being born again, in the sense that we are constantly taking on new atoms of life, as a result of our thoughts and habits. Nature has supplied the process by which this is possible, and now it remains for us to utilize her plans and make of our lives what so e'er we will.

There is no longer any excuse for man dying before he has reached one hundred years of age, for it is very evident that the all-wise God never designed that an earlier mortality should be the lot of man, as premature death defeats the great object which the Creator had in view at the time He created man and endowed him with immortal sentiments and instincts.



## How to Live 100 Years

This lesson should be read frequently for an understanding of these vital principles will reveal the way by which youth and health may be retained in spite of passing years. In concluding this lesson, I wish to again emphasize the absolute necessity of realizing that there is no warfare in your being between life and death. When this is clearly recognized, you will be in perfect harmony with life and its beneficent processes.

In succeeding lessons I will instruct you in the methods through which you can supply the new and youthful atoms as rapidly as the old ones are exhausted so that there will be no loss of vitality. By this means you can keep the body and brain young, healthy and vigorous indefinitely.

## LESSON III.

### *How to Attain Long Life*

Many systems of training have been devised to aid man in bettering his physical and mental condition, but, with few exceptions, they aim at some special development and therefore lack the complete and well-balanced methods which are essential to success in prolonging life for one hundred years.

A study that is rapidly meeting with the approval of thinking people is the power of the mind and its influence upon the health and renewal of the physical body. Millions of people have improved their health through a knowledge of thought and its healing power. The influence of the mental attitude is a very import-

## How to Live 100 Years

ant factor in the attainment of health and longevity, but it is only a part of this grand science of life culture. Important as it is to preserve the right mental attitude, it should not be carried to extreme and other very necessary considerations neglected. Proper attention must be given to hygiene, including exercise, diet, bathing, correct breathing and all the other factors that go to make up complete health culture. It is the all-round symmetrical development of the entire being that is essential. The neglect of any one of the branches of vital development means a corresponding loss of vitality.

To live one hundred years and retain youth, health and beauty, the vitality must be guarded and preserved. One must avoid all habits which limit the normal expression of life and encourage and develop all habits that renew and strengthen. A reserve of vitality should be cultivated to meet any special need that may arise. The majority of people cultivate barely the amount of vitality needed for ordinary daily demands, and as a result, when an emergency of any kind arises, their already limited forces are so taxed and depleted that the result is sickness and often death. Too many people live every day up to the limit of their strength.

## The Vital Force

Some exhaust themselves physically and others mentally; thus, when an unusual pressure is brought to bear upon them they collapse, and the result is paralysis or the so-called "death from heart failure." This condition of affairs need not and does not exist where the person understands how and supplies to his body an equal amount of vitality to take the place of that which he has used. No one can hope to spend his vital forces indiscriminately and still have them at his command. He cannot give them away and retain them at the same time, but he can exchange them for more of the same or a better quality.

Physical culture is a valuable factor in acquiring new and increased vitality, but the student must not overlook the value of mental culture, for it is the very heart of health essentials. One might attain through physical culture a wonderful physical and muscular development that would attract the admiration of all beholders, and in that very acquirement dissipate vitality through a false mental attitude and be a comparative weakling.

Then there are advocates of the power of mind who suffer from various weaknesses and ailments because their conception and understanding of that power is so

## How to Live 100 Years

limited and narrow that they cannot see the necessity of giving rational attention to the care and development of the body. They sacrifice the body because they believe the mind or soul to be all that is worth saving. Health is such a priceless treasure and youth holds for us such grand opportunities for development that we should all enter with willingness, earnestness and enthusiasm into the complete culture which makes these conditions secure and certain.

That people may live one hundred years in youthful power, three important things must be accomplished :

- I. The prevention and cure of the cause of disease.
- II. The prevention and cure of premature age.
- III. The avoidance of accidents.

Disease is induced through ignorant habits of living. The first essential is to prevent the cause of disease. If you want to enjoy youth and health until you pass the century mark, you must decide to obey the laws of health and thus prevent sickness.

I shall deal in this work with the effectual methods of curing and preventing the cause of disease, and if you carefully study the rules given in these lessons and put them into practice in your daily life, you can be sure of preserving youth and health. In case any



## Drug Treatment

weakness or disease exists at the present time, you need not despair, for you can completely recover from it.

The wholesale mortality from disease which is going on throughout our land every year is the result of incorrect modes of treatment. The average person is ignorant to a startling degree concerning the true methods of healing. It would be hard to estimate the tremendous number of people who are today dying as a result of the deadly drug treatment—or mistreatment as it might be more appropriately termed—given to cure disease. If it were not so pathetic, and such a serious matter, we might be amused at the futile attempts of those who have lost their health by wrong living, seeking to buy bottled health. Physicians of renown in all countries have said more than enough to condemn the murderous practice of medicine forever.

Dr. Benjamin Rush of Philadelphia said: “We have assisted in multiplying disease; we have done more, we have increased its fatality; we often have reason to blush at our prescriptions.”

Professor Magenlie of Paris said: “I grant that people are cured, but how? Gentlemen, Nature does

## How to Live 100 Years

a great deal, and the mind does a great deal more; doctors do very little—when they don't do harm."

Dr. Cogswell of Boston said: "The prevailing mode of medical practice is productive of vastly more evil than good, and, if it were abolished, mankind would be the gainer."

Dr. Talmage, F. R. C., said: "I fearlessly assert that in most cases our patients would be better without than with a physician."

Prof. Gregory, of the Edinburg Medical College, had the honesty to say: "Gentlemen, ninety-nine out of every hundred medical facts are medical lies and medical doctrines for the most part, stark, staring nonsense."

Dr. Kimball of New Hampshire said: "Physicians have slain more than war; the public would be infinitely better without them."

George Dutton, A. B., M. D., Dean of the American Health University, said: "Drugs often kill, but seldom if ever cure."

Dr. Mason Good said: "My experience with *Materia Medica* has proven it the baseless fabric of a dream and its theory pernicious."

Dr. Marshall Hall, F. R. S., said: "Thousands are



## Drug Treatment

slaughtered annually through medical experiments in the sick room."

Sir Ashley Cooper, the famous English surgeon, said: "The science of medicine is founded on conjecture and improved by murder."

Prof. Jamison of Edinburg, Scotland, said: "Nine times out of ten our miscalled remedies are absolutely injurious to our patients."

I ask you if you think it possible that a drug which, if administered to a well man will make him sick, if given to a sick man will make him well? I again state that drugs do not cure disease. Nature is the true healer of the ailments of mankind, and it is our duty to seek for and use her methods instead of blindly resisting them.

In this lesson I will endeavor to convey to you a clear idea of the cause of disease, so as to enable you to intelligently avoid it or cure it. Nearly everyone possesses the erroneous idea that disease is in itself an enemy and that it must be strenuously resisted and fought. This is a delusion. Disease is really the kindly efforts of Nature to throw off an accumulation of waste matter from the system which, if allowed to remain, would cause death.

## How to Live 100 Years

As I have said before, the body is in a constant process of destruction and reconstruction. The various organs and tissues are constantly being torn down atom by atom and replaced with new and vigorous ones. It must not be supposed that this process is antagonistic to our interests in any way. On the contrary, it is a natural part of our existence.

To more accurately define disease, I will call it a condition of dis-ease, or lack of ease, consequent upon the strenuous efforts of the vital forces to remove a load of impurities wrongly retained in the body. When you fully grasp the meaning of this simple definition, you will possess the key to the prevention and cure of disease.

The basis of perfect health is absolutely pure blood. By preserving a perfectly pure condition of the blood, you positively prevent disease. Although disease is known by many names, the basis of all is the efforts of Nature to eliminate poisons from the blood. The various symptoms of disease depends upon the organ or set of organs that are overtaxed in their efforts of elimination and the quantity and character of the impurity to be removed.

The man or woman who preserves pure blood and

## Pure Blood

avoids accident by wise precaution is destined to enjoy a century of youth and beauty. You will see how important it is that this stream of life be constantly guarded so that its flowing vitality may freely circulate to all parts and that it be not contaminated by impurity of any character.

When the people as a whole understand this simple fact, what anguish and tragedies will be avoided. Then, and then only, will suffering cease to exist. Unfortunately, however, at the present time when Nature's effort at elimination is manifested in disease, the sufferer resorts to poisonous medicines and thereby adds a greater burden for Nature to throw off.

Understand that to prevent disease, you must guard against the accumulation of waste matter in the system and keep all the organs of excretion in an active condition, so that they will each day eliminate the normal waste.

To cure disease you must assist Nature to throw off through the natural channels the waste matter that has accumulated and caused disease. The blood must be purified and kept so. The following lessons will tell you exactly how to accomplish this. I will here give but a brief outline.

# How to Live 100 Years

The first thing to consider is the mental attitude. To some this may be a surprise, but after a little consideration they will recognize the fact that thought is the basis of all physical action and change.

The second factor in attaining the desired length of years in health, youth and beauty, is the right selection of food, the quantity to be eaten and the proper mastication. It has been well said that, "the majority of people dig their graves with their teeth." This is true, and is a far more serious matter than most people are aware of. Little do they think that as they sit at the dining table catering to a fickle appetite that they are destroying health and cultivating disease and future suffering. Those who think of the matter at all, either procrastinate in carrying out their convictions until too late, or else believe that errors in eating can be corrected by taking some concoction purchased at a drug store. You who desire to live one hundred years must set for yourself a much higher and more intelligent standard. You must decide and adhere to your decision to select only such food as is conducive to health and renewed life. You will find this new method no infliction, for the food best adapted for your purpose is that which is most attractive and

## Pure Water

satisfying to the normal appetite. The fact must not be overlooked, however, that the average appetite is not normal as a result of having been more or less pampered and abused. Fortunately, a normal appetite can be quickly cultivated.

You must also give attention to the purity of the water you drink. Much disease and especially old age is very often the result of drinking impure water.

Another important factor in life culture is normal exercise. Without activity, enduring health is impossible. Do not think that exercise should be neglected as you advance in years. Inactivity causes stagnation and premature decrepitude, whilst the proper activity of the body gives health, strength and long life. In addition to the regular routine of work, a systematic exercise of all the muscles is necessary. The work done by the average person only develops a special set of muscles, while it allows the others to become dwarfed for want of use. You must aim to bring about an all-round development if you would have strength and beauty of form and features. You know that nothing is stronger than its weakest part. When a strain comes on the weakened part it gives way, and the result is the destruction of the whole. Ir



## How to Live 100 Years

these lessons I will teach you how to acquire a uniform strength throughout the entire system so that there will remain no weak point to give out.

Relaxation and rest are important parts of this science. Few people understand how to relax and obtain perfect rest. They live day and night, awake or asleep, in a constant state of tension. This causes nervousness, loss of vitality and prevents perfect life renewal.

Another very necessary requirement in the cultivation of health and longevity is a knowledge of correct breathing. Air is a veritable elixir of life, and, though it is so abundant, millions die of air starvation. We can live for a long time without food, but we can live but a few minutes without air.

The question of clothing and its influence upon health and long life will also be considered. The value of bathing the body in water, taking sun and air baths, will be explained. The skin is one of the most important mediums of excretion; therefore, it demands our special attention.

It is also essential that we observe the laws of love and marriage in their relation to health and longevity, for much sickness and premature death is caused by

## The Laws of Nature

ignorance of these sacred principles of life. Too many people allow false modesty and prudishness to interfere with their happiness in this respect. In summing up the subject, I wish to say that to attain perfect health, youth, beauty and long life, the aspirant has but to bring about an all-round adjustment of his life to the laws of Nature. To the reader who has gone no further than this page, it may seem like a big undertaking, but I here assure you that such is not the case. We are all creatures of habit; therefore, we have but to do a certain thing a few times to have it become a natural desire and a pleasure. Nature quickly responds and assists us to come into harmony with its laws. In a short time you will look back and remark on how much easier it is to live correctly than you had at first thought possible.

The ideal of living a hundred or more years is a grand one, and worthy of the best efforts we can put forth. By a daily observance of the principles I shall explain in these lessons, a rapid improvement will result. You will have the unequaled pleasure of watching yourself develop to a higher order of life. You will daily grow brighter, happier, healthier and stronger in every way. Your memory will improve and a



## How to Live 100 Years

clearer, brighter mentality will assert itself. Then as you experience the feeling of superb health tingling in every vein, nerve and muscle, you will acknowledge that you have been amply rewarded for harmonizing your life with the laws of Nature. No longer will you fear premature age or an early grave, but, instead, will look joyously forward to a grand, useful life stretching far into the future—surpassing all your previous hopes and expectations.

## LESSON IV.

### *The Mental Attitude*

It is no exaggeration to say that not one person in a thousand fully appreciates the marvelous power that exists in thought to aid in building up a strong, healthy, enduring body. Within the last ten years, however, a few people (comparatively speaking) have awakened to a realization of the unlimited power lying dormant in this mental force. These people are reaping the grand benefits resulting from the use of the knowledge they possess. Many of them are teaching humanity to use this power in living healthier, happier lives.

The power of thought has been recognized by the

# How to Live 100 Years

world's great thinkers in all ages, and the marvelous results they accomplished were believed by the uninitiated to have a supernatural origin. The constructive power of thought is simplicity itself to those who give the matter a little serious consideration.

My purpose in this lesson is to explain the influence our thoughts have on our health and life, and to give you instructions that you can apply so as to enable you to live one hundred years and retain youthful powers and attractiveness.

You must first realize that thought is a real force infinitely more powerful, though of a finer and more subtle character, than electricity. Also that the brain as the medium of thought is in sympathetic communication, by means of the nervous system, with every cell in your body. When you understand that, you will realize to some extent the power of thought to affect the body for good or ill.

From a scientific standpoint, it has been demonstrated conclusively that every thought and emotion produces a definite change in the physical organism. An instrument has been invented and patented which accurately records the effect of certain emotions. By breathing through a tube into a specially prepared

## The Mental Attitude

fluid, a chemical change in color is produced, corresponding to the varying emotions of the subject—joy, grief, anger, fear, etc.—each having a specific color.

From a practical standpoint, the experience of thousands of people demonstrates that the physical condition always corresponds with the mental condition, or, in other words, that “as is the mind so is the form.” You desire to prolong your life and retain health and strength. Then you must govern your actions and thoughts. You must form the habit of entertaining the quality of thought, which will add to your vitality and enable you to gain renewed health and power. You must remember that thoughts are actual forces; in fact, are literal magnets, and attract to you the condition of body and environment that corresponds with the thought. You will, therefore, encourage every thought, idea or emotion that is cheerful, inspiring, confident, courageous, generous and beautiful. When this class of thoughts take possession of the brain, they are instantly communicated by vibratory power over the system of nerves to every part of the body, even to the most remote cell, and act as a natural tonic, giving life to every organ, thus aiding them to do their best work.

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You must carefully avoid all thoughts of a pessimistic, fearful, discordant, revengeful, discouraging and fretful nature, for the influence generated by these negative attitudes is always of a devitalizing character. They produce a poisonous secretion that enters the blood and destroys health, happiness, beauty of form and feature and shortens life.

Many people through fear delude themselves into thinking that they are ill or have some terrible form of disease, and thus make themselves ill, when in reality they were perfectly well. Thousands of people in every large city are constantly controlled by some evil anticipation. One is afraid of losing his fortune, another of being discharged from his position, another makes himself unhappy because he thinks one of his children may die, and the great majority suffer agonies because of a fixed idea that a fatal illness is lurking in their body. Fear or moral cowardice, grief, anger, worry, etc., create a chemical change in blood and poison the system. The person who is constantly thinking of and lamenting on his liability to palpitations and giddiness is very likely to die of apoplexy because his perpetual fear of the symptoms creates them and increases their force and perniciousness. Thousands

## The Mental Attitude

of people with sound and stout hearts make themselves unhappy by insisting that some local or nervous affection of that organ is a warning of early death. Newspaper talk of degeneration and hereditary disease has done incalculable harm by leading people to believe that as they were born they must always remain. Hereditary conditions can be easily eradicated by a proper mode of living.

You may ask, "How can I help thinking unhealthy thoughts, if it is my nature to do so?" This is where you reveal a wrong conception of yourself and your powers. It is not your real nature to think such thoughts. Through indulging in unwholesome thoughts and emotions, you have built up a habit, and, as a result, attract to yourself only thoughts of a similar kind. Remember, "Like attracts like." Your true nature is to think strong, noble, uplifting thoughts. Within you, but possibly lying dormant, is the power to rise supremely above all the negative conditions that are now binding you and making you a slave. Assert yourself, rise up and throw off the influence of depressing thoughts and you will soon behold sunshine and happiness all around you.

When you suggest to yourself, as a result of igno-



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rance and doubt, that you cannot improve your health, or lengthen your years on earth, you at once limit your powers to correspond with your mental estimate of your ability. For you cannot do more than you think you can. Does not Shakespeare say, "Our doubts are traitors that make us lose that which we might have won by fearing to attempt"? We can do nothing if we fear to try.

On the other hand, if you suggest that you can and will express the mental attitude that will have a healthful influence on your body, you will quickly begin to form the habit of constructive thought. Consider the term "constructive thought." Do you know what it means? It means that thought is a building power. That by it you can build up or tear down the physical body. Thought is the architect as well as the builder for our physical structure is fashioned after the pattern of our mental ideals. The degree of health and vitality we manifest depends upon our application of thought energy.

A fact which you cannot afford to ignore is that every thought you send out or attract to you lends its influence either toward the prolongation or limitation of your life. Cheerfulness is a potent factor in the

## The Mental Attitude

attainment of a long healthy life. Genuine merriment is also a real factor in the promotion of physical health. The man or woman who desires to live long must not forget to laugh, and it must be joyous, unrepressed laughter. Every centenarian I have conversed with was in the habit of looking on the bright side of things. They all possessed remarkably cheerful temperaments. Cultivate the habit of thinking how to better your life and how to help your fellow-men. It is the man who uses his power of thought that lives, not only many years, but lives in the brains of other men for ages after his physical body has returned to dust.

Another rule for you to follow is to constantly hold the ideal of youth before your mental vision. Do not say, "Oh, dear me! I am growing old and feeble; the years are swiftly passing and it will soon be time for me to go." Hold firmly to the thought that you are young and that you will express youth in spite of passing years.

It is well known to physiologists that the cells and atoms of the body are in a constant state of change, that new atoms can be and are attracted to take the place of the old ones. Under normal conditions the softer parts of the body are changed about every thirty

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days, the brain cells in about sixty days, and the hardest bones in about a year. Thus you see we can all affirm with perfect truth that we do actually possess youth at all times. Science demonstrates that physical age is a fallacy and an utter impossibility.

At all periods of your existence be conscious of the fact that your body is new, and never suggest to yourself nor accept the suggestion from others that you are growing old. If you continue to entertain the thought that you are growing old, it will affect the body adversely, repress the normal process of renewal, and the body will gradually assume the characteristics of age.

Students of psychology will at once see the unlimited power contained in this secret of physical renewal in its relation to health and long life. How easy and natural it becomes to suggest youthful energy and vim when we know that we are actually physically young.

Remember that your legal age, whatever it may be, does not represent your bodily age. Your legal age may be fifty, but it would not be true to say that your body is fifty years old, for it has been entirely built up atom by atom from food and air during the past year. That you may obey the laws of mental hygiene, you

## The Mental Attitude

must form the habit of regarding your body as new in all its parts, both internal and external.

If you care to make the experiment, you can easily prove the efficacy of this rule. For one day hold the thought that you possess an aged body. As you work or move, think of your arms, hands and fingers as old and gradually growing older. As you walk think of your legs as old and feeble and showing the gradual approach of decrepitude. If you survive the day, you will never venture to try the experiment again. The sensations you will experience and suffer will be anything but pleasant. Understand, I do not advise you to try this experiment. I would suggest, however, that you try the opposite experiment. For one day make it a special point to carry the thought that the constant changing of the bodily atoms is making your body new and plastic. Make this distinct affirmation, "My body is new and full of youth. This newness enables me to pursue my daily activities with ease and pleasure." It is no exaggeration to say that, as this true suggestion grows in intensity and realization from the repeated affirmations, you will feel your entire *very* body tingle with a new influx of vital power.

These simple experiments will demonstrate to you

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the necessity of strictly maintaining the right mental attitude. The latter experiment you must make a part of your daily life. I do not mean that you must become unduly conscious of your body, but simply that you must consciously guide your thought in the right channels until it becomes a normal habit, requiring no special attention.

Look at yourself as you are today. Do you see any imperfections? If so, set up in your mind a mental picture of just what you want to be. If you will bear in mind that in one year your entire body passes through a complete change, and also turn your attention to living the life, as explained in these lessons, which will make it most easy for you to accomplish your desires, I can assure you that at the end of a year you will be much nearer what today you wish to be. Each year you can add new perfections and each year build up a higher ideal for the future. In this way you can progress perpetually.

When we seek to cultivate long life upon a mental basis, we are laying the foundation for a true hygienic life. It matters not how pure and nutritious our food may be, assimilation will be imperfect if the mind is not in harmony. Unpleasant thoughts and adverse



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suggestions will spoil the best meal that can be prepared. A definite factor in the attainment of enduring health and youth is the preservation of a harmonious state of mind. You positively injure yourself and others when you lose your self-control and give way to anger or irritability.

It is beautiful to realize the truth that harmony of thought, speech and action create health and harmony for all the physical functions. Harmony combined with determination will accomplish wonders. To outsiders the result appear as marvelous, while in reality it is but the simple workings of Nature through a normal brain.

To assure yourself of a century of vigorous life, you must arouse your will to supreme activity. You must truly believe that the power to live a hundred years is within you. Grasp the vital principles explained in these lessons and see that your will power is steadily directed towards life's attainment.

By the exercise of harmonious will power and thought force, invalids have left beds of sickness and regained perfect health after their cases had been pronounced hopeless by expert physicians. They willed to live and demonstrated the power of mind to control



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the body. A weak, uncertain will is equivalent to a short life of imperfect health. The exercise of the will to live and retain or regain youth revitalizes and renews the life elements. The power of the will must, of course, be used in conjunction with hygienic modes of living. The exercise of the will without proper food, air, rest, etc., to supply the material for new cells and tissue, would, of course, produce less satisfactory results.

As life is a constant process of change, birth and death are always occurring in your body. Therefore, you must not direct your will power toward the conquest of death, but toward the establishment of harmony and balance between wear and repair. In this way you will be following the scientific attitude which assures you of the attainment of long life. It cannot be repeated too often that harmony always gives to thought an intensified power. Your capacity to renew life through thought is greatly increased when you try to harmoniously co-operate with the life forces and recognize that Nature is always your friend and servant.

## LESSON V

### *How to Focus Thought*

Before we can carry any plan to a successful issue, we must concentrate our thoughts and energies upon it. We must picture out the result we want to obtain and then aim to reach it. That you may cultivate the mental attitude necessary to create health and longevity, you must be able to concentrate your attention and thoughts on your desire. To concentrate means to center your mental force on a specific thought, desire, action or undertaking and hold it there for a certain length of time, to the exclusion of all other thoughts. During the period of concentration, the brain, instead of being disturbed and distracted by

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crowds of undesirable thoughts, is brought to a concentrated focus where it sees and hears only the dictates of its master—the mind. During concentration, thought is given full power to construct that which the mind is focused on.

You may study all of the rules given in these lessons for renewing and prolonging life, yet they will be of no value to you if you do not concentrate your brain upon them and carry the theory into actual practice. Reading of what can be and has been done will not help you if you do not make use of the knowledge and apply it to your own case. The genius of the inventor, the skill of the musician and the subtle art of the writer and orator are all the reward of concentration. I say to you apply yourself. Test all things and hold firmly to that which you find of value to you. On it concentrate your best efforts. Don't try to accomplish wonders at first, but rather try to do what you do better than it has ever been done before, and some day you will see that you have done wonderful things. Perfection in small things makes the perfect whole. Don't waste your time and force; have an aim in life and improve every moment of the day. The amount of force which the average person wastes in aimless ef-

## How to Focus Thought

fort would, if directed and focused upon a special object, bring wonderful results. Whatever your ambition may be, you will find that concentration is the key-note to its attainment.

While studying these lessons, if you concentrate your entire attention upon them, you will learn the full meaning of every word and sentence. Some people are spoken of as being able to read between the lines of a letter or a book. The fact is that the reader, through his ability to concentrate, is able to attract to him the thoughts which the writer had been unable to express on paper. These additional thoughts make it possible for him to learn the whole truth. You can soon grasp the essence of this vital knowledge if you will concentrate.

In these days of amateur photography, nearly everyone has looked through the focusing screen of a camera and has learned that when the scene is incorrectly focused, the impression is indistinct and blurred, and that when the correct focus is obtained, the picture stands out clear and distinct. This illustrates the use of concentration, for the brain receives impressions and pictures much the same as a camera. The person who does not concentrate or focus his attention per-

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ceives an idea in a vague, indistinct way, while the person who has learned to use his concentrative ability, sees the idea clearly and retains for future use a mental picture or impression of it.

If you are lacking in concentrative ability, you may by means of the following exercises so develop your power that you can concentrate for almost any length of time. As you learn to concentrate, your memory will improve, those hazy, indistinct impressions will give way to clear pictures and life will take on a new beauty to you.

I have prepared these exercises so as to accomplish two purposes at once. To teach you to concentrate, and, at the same time, to utilize the same force to renew your body. If you lack concentrative power you are to practice the following exercises each day on rising in the morning and before retiring at night.

## EXERCISE NO. I.

See that the room is thoroughly ventilated and then sit in a comfortable chair, keeping the spine straight and the chin elevated, so that breathing is full and normal. Close your eyes and concentrate your thought on the following statement :

# How to Focus Thought

“The Source of Perfect Youth is Within Me.”

Repeat it over mentally and try to completely absorb the full meaning of the sentence. Do not allow other thoughts to enter your brain and disturb you. Continue this exercise for ten minutes. At first you will probably find it difficult to hold the one thought to the exclusion of all others, but, with each repetition of the exercise, you will find it easier and easier. In a short time, you will experience no difficulty whatever. In fact, you will form a habit of focusing your thoughts on other subjects of importance.

## EXERCISE NO. II.

Take position as for previous exercise, breathing deeply and regularly. Close the eyes and build up a mental picture or image of yourself as in possession of youth, health and beauty. Dwell upon this image in detail, going over all its parts, and build up the face and form to correspond with your ideal of perfect beauty. Create in your brain a picture of your face and form idealized, the form representing perfect symmetry, the muscles superbly developed, the contour of your face perfect and beautiful, your entire expression that of youth and vigor. Hold this ideal firmly in your



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brain, no matter what your present personal appearance may indicate. Do not permit other thought images to enter your brain. Do not become discouraged and give up if you at first find it difficult to create this mental image. The more difficult you find it, the more you are in need of this kind of exercise. Persevere and you will succeed. Perseverance of itself implies the power to rise. As you hold this mental picture before you affirm your power to make yourself the personification of your ideal, by the use of constructive thought and hygienic living.

In case your body has already commenced to exhibit the signs of advancing age, you will find the following exercise a valuable aid in developing concentrative ability as well as a power in regaining youth and energy.

### EXERCISE NO. III.

Take position as in previous exercise. Commence by forming a mental image of yourself as you appear today. Supposing for instance your present legal age is seventy. After you have held this image for a few moments form another image of yourself representing the age of fifty in which you look much younger and

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stronger. Hold this for a minute or so and then form another image of yourself still younger. Continue this series of images, each growing younger than the previous one, until you find yourself back to the age of 25 or 30. When you have reached this point focus your thoughts on the ideal of youth and beauty as described in the second exercise. Concentrate steadily on this last image for at least five minutes, or, as much longer as you find it interesting and helpful. During these exercises try to fully realize the wonderful change from age to youth that is taking place as a fact in your own body. Look in the mirror and note each day the new changes and improvements. It will not be long before your friends will begin to comment on your improved appearance. Don't under-estimate your power. Remember you are the master of your physical body, that it is your servant, and refuse to allow it to rule you.

The continued practice of these exercises will so imbue your brain with the conception of youth that the vital forces will respond and manifest this ideal. It was explained in the last lesson that constructive thought is the architect of the body, and also that we are constantly taking on a new body through the

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change of its component particles. The reason I have instructed you to concentrate on beautiful and youthful ideals is because all ideals are quickly incorporated in the mental plan of the body, and, therefore, become important factors in the shaping and rebuilding of the physical temple. If we possessed the same body year after year, it would be impossible for us to make any changes or improvements in it; but, as it is constantly changing, it is within our power to rebuild it according to the plans we consider ideal and desirable and to omit all features that are crude or imperfect.

The conditions you rebuild in your body will be those you most systematically concentrate on. Your every thought produces a chemical change in the blood which is carrying nourishment to every part of your body. So when your entire mental and physical force is focused upon an ideal of youth and beauty, as previously described, a physiological change takes place in your nerves and blood, which corresponds with your mental image or conception.

If you desire to live one hundred years, and, at the end of that time still possess glowing health and beauty, it becomes your duty to concentrate your attention at every possible opportunity upon your desire.

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The plan I am instructing you to follow is to persistently hold the desired ideal in your brain until it becomes your normal attitude to look for and expect a constant and continuous realization of youth and power. In a short time, the habit will be formed and then no special effort on your part will be needed, for the desire will be a natural part of yourself. When that point is reached, success is assured.

When you first practice these exercises your existing ideas, opinions and thoughts may to a certain extent conflict. This is but natural, because the thoughts we have entertained are a part of us until new thoughts replace them. You have for so long expected the advance of weakness, sickness and death that it will be a little difficult at first to drop these thoughts and expect renewed youth and life to manifest itself. The difficulty you experience in making this change will prove to you to what extent thoughts control us and shape our actions. When the new ideas shall have taken as firm a hold as the old ones now have, your life will be correspondingly changed.

If you are earnest and faithful in practicing the rules and exercises given in these lessons, you will accomplish results much more quickly. Do not expect to

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change in a week or a month that which you have taken years to build. Your progress will start slowly but will increase more rapidly each month. For each month you will have a greater number of new cells to help you in changing and correcting the old forms. The more years you live, the more perfect you will become.

I honestly believe that where this plan is persistently and continuously carried out, there will be no limit to the number of years a person can live.

If you had previously expected to die of old age or disease at sixty, seventy or eighty, these expectations will be destroyed and in their place will grow a full confidence that your youth will be prolonged to the century mark.

To elevate yourself above the misconceptions of life that are held by a majority of the race, you must pay strict attention to the practice of concentration. Although so many people believe so firmly in premature old age, your will and mind will become so positive, as a result of following these instructions, that their thoughts will be unable to influence or affect you. It is the people who lack the ability and do not concentrate their forces who become slaves to the negative



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thoughts of others. Such people are always lacking in originality, creative and constructive ability and never succeed. Those who concentrate their thoughts and forces always excel in their particular line of endeavor.

No one can derive the full benefits from any system of physical culture, if he has not learned to concentrate. This is demonstrated conclusively by the fact that the muscles become much firmer and more perfectly developed when the exercises are taken before a large mirror where the body can be seen, admired and the gradual improvement noted and concentrated upon, than when the same exercises are taken in the ordinary method of monotonous routine.

As our lives are controlled and directed by the things we think of and concentrate upon, it becomes necessary that you, being a student of longevity, concentrate your thoughts upon health-giving ideals. Concentrate upon those things which give renewed life and power. Concentrate upon literature which contains suggestions of health and unfoldment. Do not waste time and energy, nor risk your health by thinking of the suggestions of disease, pain and misery that are made so prominent a feature of the patent medicine advertisements in the papers and magazines of the coun-



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try. Many sensitive persons actually make themselves sick by continuously reading the symptoms of disease that are graphically and suggestively described in these cunningly worded inducements. There is reason to believe that the purpose of many such advertisers is to first create or at least aggravate the disease by their detrimental suggestions, and then charge a high price for merely attempting to cure the conditions they produced. I advise you, therefore, to avoid reading these deadly suggestions and devote your time to literature that creates health.

Concentrate your thoughts upon the happiest conditions you can possibly conceive, for this means an increase of health and vital force. Study the outlines and learn to admire beautiful statuary, for it will give you a more definite model to rebuild your body after. Associate with cheerful, pure minded people, for their presence and conversation will help you to entertain correct ideas. These may seem simple rules, but they are nevertheless of great importance in shaping your future.

Some people have acquired the habit of concentrating upon morbid themes and events. A funeral interests them more than the innocent enjoyments of the

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children, the song of the birds or the beauties of Nature. They prefer a walk in the cemetery to one in the park or country fields. If you have this tendency, it must be corrected, for such thoughts are devitalizing, health destroying and death producing. Concentrate your thought upon healthy, growing children, unfolding flowers and plants, beautiful trees, singing birds, running brooks, surging streams and the mighty ocean, for they all represent life. Take an interest in everything that elevates life. The flowing stream is perpetually renewed, while the stagnant pond lies inactive and creates death. What you want is abundant life and activity renewed from the flowing stream of perpetual life. By interesting yourself in children, you absorb the spirit of growth, innocence and sunshine. To the extent that you become imbued with the child-like spirit of fun and activity you succeed in renewing your youth and in acquiring youthful characteristics.

Another important rule for the preservation of health and the attainment of longevity is to have a definite purpose in life; be continually interested in something. By taking an active interest in some line of work, you make life worth the living. By so doing, you gain the vitality to prolong life.

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It is a custom for men when they reach a certain age to retire from active business, providing they have made enough money to keep them for the remainder of their lives. When a man ceases to hold interests that require his attention, his vital organs also commence to retire from activity, and, as a consequence, it is not long before he is both physically and mentally weakened. Life and activity are synonymous and as soon as we cease to use any organ or set of muscles, they waste away and are not renewed.

I do not mean that a man must unceasingly work and acquire money, but that when he retires from his business life he must have other interests to concentrate his attention upon. This is the only way by which he can keep up the renewal of the brain forces. To sum the matter up, you must, if you want health, youth, power, success, talent, attractiveness and a hundred or more years of perfect life, proceed at once to make yourself a man or woman of force by practicing the unfailing key—Concentration.

## LESSON VI.

### *Breath Culture*

It is a general statement that "excessive eating and drinking are the cause of almost all the illness experienced by the human race." While there is much truth in this, yet I am convinced that incorrect breathing is responsible for as much, if not more, suffering than either of these. Few people realize the importance of oxygen and of the function of respiration, through which the body is supplied with oxygen and freed from one of its most poisonous products—carbon dioxide. Insufficient oxygen and incorrect breathing cause the muscles of the body to become stiffened and brings about a debilitated constitution, nervousness,

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nervous prostration, heart and lung disease, premature old age or early death.

It is a lamentable fact that ninety-five out of every hundred people suffer every day of their lives for want of air. In most cases, this arises from the lack of a definite knowledge of the true use of air. It may be a surprise to many to learn that pure air supplies the greater part of the body's nourishment. It has been proven that man can live forty days without food and ten days without liquids of any kind, yet he cannot live five minutes without oxygen.

Breathing affects nutrition and consequently the vitality. First, because, when correctly performed, the act of respiration accelerates the movement of the stomach and intestines by which the digestive fluids are mixed with the food and forced onward through the alimentary tube. Second, in providing the oxygen necessary to the blood. Third, in providing for the removal from the body through the lungs of poisonous waste matter, which, when retained, weakens and depletes the organism. For a proper relation between the body and the air two things are necessary—first, pure air; second, the ability to breathe. A man may starve in the midst of plenty if he does not eat and he



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will starve for oxygen in the midst of the purest air, if he does not breathe properly.

An unfailing sign of great vitality is the large active chest, with straight spine and an erect carriage. This sign is always present in men of great achievement. Fortunately, the breathing is of all the functions the most easily developed. Where the lungs are small and weak, the chest narrow and contracted and the vitality low, a few weeks of resolute training will create a great difference in the size and activity of the lungs and in the general vitality.

Every one should breathe as much pure air as possible. Air is free, though pure air is not always to be had. However, there are thousands, yes, millions, who suffer for the lack of pure air when they could have it if they would not persistently shut it out as though it were an enemy. It is remarkable the number of people who are afraid of air, yet without it they could not live. People sit for hours in a tightly closed room from which the oxygen has been greatly exhausted and then complain because they are nervous and have a headache. The persistent breathing of such vitiated air not only lowers the vital energy, but predisposes to disease. Hence, the necessity of sufficient air and of



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the proper ventilation of the lungs for every human being. To obtain a sufficient quantity of air for the needs of the body every man should have at least eight hundred cubic feet of space to himself and that space ought to be freely accessible by direct or indirect channels to the atmosphere. A room ten feet square and eight feet high, if freely accessible to the outer air during the entire day and night, will supply the necessary respiratory rations for one adult.

Bear in mind that the purity of air is not measured by its temperature. Cold air is often very impure by reason of stagnation, lack of circulation, exhalations from the lungs, etc., while moderately warm air may, if a constant change is going on between outdoor and indoor air, be reasonably pure.

While correct breathing plays such an important part in sustaining health and life, yet few people know how to breathe correctly. Air should never be breathed through the mouth. The nostrils were provided for that purpose. Breathing through the mouth, even in warm weather, is very injurious. The average air is charged with a large quantity of deleterious substances which should be filtered from it before being allowed to enter the throat and lungs. This purifying or filtra-

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tion can take place only when the inhalation is through the nostrils.

The person who does not breathe an abundant quantity of pure air and breathe it through the nostrils is only partially alive, and, in consequence, his vitality and chances for a long healthy life is at a correspondingly low ebb. While those who breathe normally possess a remarkable capacity for the enjoyment of life. It has been noted that all people who have passed the century mark, possessed a large chest, straight spine and excellent respiratory organs. By the cultivation of correct breathing, you can increase the vitality, enlarge the chest, strengthen the lungs and assist in curing any condition of ill health you may be suffering from.

Several kinds of breathing are being taught at the present time. The principal ones being termed abdominal, chest, intercostal and diaphragmatic breathing. These all specialize and develop only a certain part of the lungs; hence, they are not suited to an all-round development such as I shall teach you. In all the exercises throughout these lessons the object aimed at is to create a perfect whole that there may be no weak places to give out or break down. What you need is

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natural, full breathing that takes the air to every part of the lungs and ventilates every cell. You want no stagnant, inactive part. You want to be fully alive from the top of your head to the bottoms of your feet.

Before giving you a system of exercises to follow, I have another important point to explain that will teach you how your lungs operate. It is generally supposed that it is by inhaling air that we expand the lungs; hence, in taking breathing exercises, people attempt to use the nostrils to draw the air into the lungs. This very effort contracts them and limits the air supply. This method is incorrect and exhausting. Those who try to breathe this way tire out very quickly because they expend more vitality in breathing than they regain from the exercise and air. The harder they try, the more they defeat their purpose. Instead of commencing a breath from the head, it should begin in the lower part of the lungs. Our lungs operate exactly as a bellows. The air is not forced into a bellows, but drawn in to fill a vacuum. Commence to breathe by slowly expanding the abdomen as you would the large end of a bellows and you will notice that as the force begins to work an empty space is created in the air cells of the lungs and bronchial tubes

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and that the air rushes through the nose into them, and, by degrees, fills the entire lungs in proportion to the expansion. The expansion begins in the abdomen, then extends to the waist and lower chest, and as the expansion of the abdominal walls continue, it sets at work the chest and intercostal muscles, thus raising the chest bone, spinal column and ribs and presses them gradually upward and outward in such a manner that the entire trunk region from the lowest point of the abdomen to the highest point of the chest, namely, the collar bone, is expanded. This expansion is not felt in sections, as is the case with many systems of breathing now being taught, but as a complete expansion of the entire circumference of the trunk. Whether the amount of breath taken be large or small; whether half or full expansion is required, it will be done with the combined breathing apparatus.

This is the only correct, natural, healthy way of breathing, for, by this method, the entire lungs are used and ventillated and thus kept healthy. It also has another advantage. It prevents one from straining and injuring the delicate cells of the lungs and causing hemorrhages, as one is very liable to do if he attempts to force into the lungs all the air they can possibly

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hold. By this method the quantity of air drawn into the lungs is regulated by the strength of the expanding muscles. As they grow stronger and the cells are also strengthened more air is drawn in and this gives the continuous improvement desired. The complete exhalation of the air from the lungs is equally as important as the inhalation, for it is the outgoing breath that carries away the impurities. To exhale, contract the abdominal muscles or walls as far as possible, forcing all the carbonic acid gas out, that the lungs may again be filled to their full capacity with oxygen from the next inhalation. The use of these muscles strengthen them. You will find this a perfect method of breathing. It is the only true method and follows the laws of Nature. By breathing correctly, one can do a great deal more work with greater comfort and not become tired. If you will commence by practicing correct breathing as I have described for five or ten minutes three times a day, you will very soon acquire the habit and then will not need to give the matter any special attention. If your occupation is such that it keeps you within doors all day where the air is not to be had in the purest state, you should arrange to spend at least a half hour morning and evening walking in the open air.



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Walking is a most perfect exercise. While walking, inhale by the method just explained while you count seven and retain the breath while you count four, then exhale while you count ten. This same breathing exercise may be taken in a well ventilated room, but instead of walking raise the arms above the head as you inhale, hold them there during the time you retain the breath, that is, while you count four, and then lower them slowly as you exhale and count ten. While raising the arms, also raise the weight of the body off of the heels by raising them from the floor. As you lower the arms, lower the heels to the floor and relax. Repeat this exercise for ten or fifteen minutes. All forms of exercise should be taken in the open air or in a well ventilated room. Do not be afraid of wide open windows. Colds are caused by over-eating, deficient elimination of waste matter, physical exhaustion and breathing impure vitiated air. Do not forget that pure air is just as necessary at night as it is during the day. Never sleep with closed windows in an unventilated room, no matter what the temperature may register, for cold air is not nearly so injurious as impure air. You cannot breathe too much of pure air, so avail yourself of all you can get.



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That breathing may be as complete and as easily performed as possible and none of the energy wasted, restrictive clothing should be avoided. High collars, corsets, closely fitting vests and tight bands or belts are all contrary to the hygienic principles of correct breathing. Tight clothing around the waist is not only unhealthful for the lungs, but it also injures the digestion by restricting the normal action of the stomach and intestines. Adapt your clothing so as to conform to the principles of health.

In working, walking or sitting, keep the spine straight and the shoulders well back. A stooped position crowds and dwarfs both the lungs and heart and limits one's life. To live long, you must maintain the free action of all the organs and have them all work in harmony with each other and with Nature.

Correct breathing is absolutely necessary for the attainment of pure, rich blood. The oxygen we inhale with the air we breathe, takes up the carbon set loose in the blood by the disintegration which goes on in the body. Bodily tissues are constantly being disintegrated, resolved into elements and salts preparatory to finding an exit from the body. The carbon has no means of exit whatever except it meet free oxygen.

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The oxygen unites with the carbon in the blood and forms carbonic acid gas, a powerful poison. In this form it is thrown off during exhalation by the lungs. If retained in the system, it causes death either slowly or quickly according to the quantity retained. This condition is termed blood poison (air starvation), and many people die from that cause alone.

As explained before, the purity of the blood is the foundation of health and longevity. Imperfect breathing prevents the blood from being perfectly oxygenized and renewed. You can now understand why a long and healthy life would be impossible for the person who does not breathe correctly an abundance of pure air. When breathing is full and normal all the organs of the body are assisted in the work of throwing off the waste matter from the system. Internal cleanliness is not possible with imperfect breathing.

Every breath you inhale brings to you new life. Then breathe fully and often. Every breath you exhale carries away the effete and poisonous substances from the lungs so they may not again enter the blood and poison it. Long life is secured by bringing about a more perfect balance between the processes of wear and repair or destruction and reconstruction. The

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process of breathing and that of bodily repair are so closely allied that to breathe abundantly of pure air is to more perfectly change the old and worn atoms for the new and vigorous ones.

I do not mean by the foregoing statements that if you breathe correctly, you can neglect other branches of hygiene, such as the mental attitude, diet, exercise, bathing, etc. Lung culture is an important factor in promoting health and longevity; in fact, it is an absolute necessity, yet it is only a part of the perfect life culture. Because the digestive organs are greatly strengthened by correct respiration, one cannot afford to abuse them by giving them impossible work to do. The additional vitality gained through correct breathing should be devoted to the more complete rebuilding of the body and not to counteracting the effect of other excesses.

In concluding this lesson, let me impress upon you the necessity of beginning to follow these rules at once. Delays are dangerous and often fatal. There is no time like the present. Begin this moment by seeing to it that you are breathing pure air; that the room is well ventilated. Don't deny yourself the life, vigor and strength that is yours for the breathing. Do not forget

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the importance of the mental attitude. Suggest to yourself that every breath you inhale means for you an increase of new life and power. When you entertain thoughts that are strong, bright and cheerful, you place yourself in an attitude that promotes more normal breathing. Uncontrolled emotions and pessimistic thoughts always depress the lungs and heart action. Look steadily on the bright side of events and breathe the pure air with a hearty will, if you desire to be young and vigorous when you reach your hundredth birthday.



## LESSON VII.

### *Natural Exercise*

Every man or woman who desires to be strong and healthy, to cultivate grace and beauty and to preserve these desirable conditions for one hundred years or longer, must not neglect to exercise naturally all the muscles of the body every day. It is by the constant activity of the body that growth and renewal are maintained. Inaction means stagnation, disease, premature age and death.

It is also true that an excess of activity in any one direction is harmful; hence the necessity of well balanced exercise, distributed equally over all parts of the muscular system. Many people think that because



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they do a certain class of hard work continually, that they do not need additional exercise. This is one reason why they do need it. The work they follow only develops a certain set of muscles, while the others remain inactive. The result is an unequal inharmonious development and relationship of one muscle with the other, thus causing the physical form to become distorted, homely and even ugly. You see men with well developed arms but poorly developed legs, or with some of the muscles of the face and neck developed and others weak and wasted, leaving hollows where they should be rounded and plump. This is not natural. It shows overdevelopment of certain muscles and under-development of others. All can be beautiful to look at, if they only develop the human figure normally and equally in all its parts.

No man with part of his body dead from the lack of use can expect to live to an old age and enjoy health and beauty. Such a man is only partially alive at any time. He does not know the pleasure of complete life. Don't delude yourself into thinking that your work, no matter what it may be, gives you enough exercise. It may give you enough or even too much of

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a certain kind; it may overtax certain muscles, but it does not give you the all-round development you need. You may say that when you are through with your day's work you are too tired to exercise. This is where you show a lack of knowledge of the use of correct exercise. It may be true that a certain set of muscles are exhausted and need rest to recuperate; but remember you have many other muscles that have received little or no exercise all day. By giving them a little natural exercise, you not only benefit them, but you relax and thus rest the tired ones. No matter how tired you may feel, if you will go through the easy natural exercises I shall give in this lesson, you will find when you have finished them that you have been greatly rested. In fact, you will feel more life and vigor tingling in your veins than you have felt at any other time during the day.

Some people have reached the century milepost without having followed a systematic course of physical exercise, but, in such cases, their lives required of them work of an all-round character, and, therefore, they naturally exercised the entire body. Your object being to live a century or more with absolute certainty, you cannot afford to take unnecessary chances by

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neglecting so valuable an agent to your mental and physical development as exercise.

By proper exercise in conjunction with correct breathing, you will not only develop the muscular system but will cultivate strength in the internal organs. And this is of the utmost importance, for upon these organs you depend for the transformation of food, air, etc., into energy and life.

Do not make the mistake of concluding that the person who can display the greatest muscular development is the most perfectly developed. It is proven every day that apparently powerful men, who have acquired superb exterior development are comparative weaklings internally. When their vital forces are interfered with they die quickly and usually die before reaching advanced years. One of the reasons for this is because, in practicing physical culture, they neglected mental and lung culture and other hygienic laws of great importance. To attain the desired results, there must be a corresponding balance between the strength and capacity of the lungs and the outer muscles. Therefore, while practicing for physical strength and renewal, you must also work for an equal development of the lungs.

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The failure on the part of many to bring about satisfactory results is because they concentrate too much of their attention and mental force on the mere outward display of muscles, instead of on the internal and external vital parts. Experiment has proven that muscles are developed more rapidly when the person takes his exercises before a mirror where he can concentrate and watch the gradual growth and enlargement. This proves the power of mind over matter, but if the mind is focused on the mere cultivation of muscular development the internal organs must suffer through neglect. What every one needs is strong vital organs that will do their work and last indefinitely. Therefore, in all exercise, the mind should be directed toward the cultivation of internal strength as well as outward beauty. The internal organs are the foundation of life; then let us make ours strong and enduring. Where we send our thoughts we send our force.

True exercise requires no artificial device, no pulleys or dumbbells. Such things make work of what should be play. When men and women learn the perfect art of play—an art which children acquire naturally—their daily work will give them all the exercise they require. Until this lost art, which the ancient Greeks

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so well understood, is regained a substitute in the form of a systematic course of natural physiological exercise is a necessity.

In this lesson I will give some simple and natural exercises which are especially adapted to the cultivation of health, beauty and longevity. No apparatus of any kind need be used. If you will practice these exercises together with breathing and concentration, and will pay reasonable attention to the laws of hygiene, you will cultivate strength and beauty of form, strong internal organs and all the requirements for living at least one hundred years. These exercises are adapted for the man or woman who desires to regain lost health, youth and beauty, as well as for those who are still in possession of these treasures and wish to retain them. You may say that you are too old to take exercise, but you are not. The fact that you show age is the best evidence that you need exercise to tear down the old, stiff tissues that they may be replaced by new and plastic cells. You need these new cells or you would not show age. You need the elasticity of the muscles that you may perform the regular duties and activities of life and derive pleasure from them. Carry this thought ever before you: "Inactivity



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means stagnation and stagnation is death." If you continue to court death after this knowledge has come to you, you alone are responsible. To permit your body to die is nothing less than committing suicide or self-murder.

If you have long neglected to exercise properly, you may, at first, find it a little hard to adjust yourself to the duty, but a little perseverance and practice will soon make it easy for you. The harder you find it, the more you were in need of it. If you follow the rules of hygiene also, you will find these daily exercises not only a source of power and vigor, but also a keen enjoyment. Many men after passing seventy have begun natural exercises and renewed their strength and vigor and lived many years longer as a result. They were no exception to the natural laws of life. What they did you can do by the same perseverance.

The exercises I shall now give are to be practiced morning and evening and oftener if convenient, until the desired results are attained. About ten or fifteen minutes of hearty, but not forced, exercise, will be sufficient for all purposes. No exercise should be continued beyond the point of the slightest fatigue, or the good effects will be counteracted. Those who are



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delicate or unaccustomed to exercise should practice them gently at first, gradually increasing their force as strength is gained. In no case should an unnatural strain be placed on the system as a test of its endurance. What you need is normal exercise evenly distributed.

## EXERCISE NO. I.

Commence your exercise by yawning. This is one of Nature's simplest gymnastic exercises. Possibly you have never thought of the yawn as a means of exercise! Analyze the sensations and you will discover that the stretching, loosening, expanding, mild as it is, extends to every part of the body. The tingle of it can even be felt in the toes. In the entire region of your head you can actually see the physical culture in progress, if you stand before a mirror while you yawn. The jaw drops, the cheeks are drawn down, the movement is communicated to the brow and scalp. The tongue and throat are effected as well as the entire neck. The relaxation that stimulates the lungs and chest is felt a moment later in the abdomen and subsequently in the limbs and feet. Every portion of the body is reached and aroused and the circulation of the blood is stim-

## Natural Exercise

ulated. Never be afraid to yawn. It is Nature's effort to remove congestion, either of the blood or lungs.

When you are very tired and nervous, there is nothing that will rest you so quickly as to sit in a straight-back chair, lift your feet from the floor; push them out in front of you as far as possible, stretch the arms, put the head back, open the mouth wide and yawn. The tense nerves will relax, the contracted muscles will stretch and the whole body will be rested. Do this two or three times when tired, and see how much good it will do for you.

### EXERCISE NO. II.

Nature always accompanies a yawn with a stretching of all the muscles. The yawn seems to suggest to the body the proper exercise to take. If you have any doubt about the value of stretching the muscles watch Nature express itself in the growing child. See the perfect system of physical culture it goes through every morning on waking. Who taught it this method? Nature. The nearer we follow Nature and natural laws, the more correctly we will live. Did you ever notice a dog or a cat or in fact any animal on

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awaking from sleep? They at once begin the thorough stretching of all their muscles. They use the same method as the child. If we want to be youthful, we must exercise as Nature taught the growing child to do. On waking in the morning, you should stretch and yawn just like a child. Don't neglect this. After you have arisen, and before putting on your clothing, inhale a full breath, raise on your toes as high as possible, and, at the same time, stretch the arms and fingers down toward the floor. Continue while you count four, then relax all muscles. Next raise the head and eyes toward the ceiling, stretching the back and neck by raising the head and shoulders as high as you can comfortably. Keep the feet flat on the floor. Hold this position while you count four.

## EXERCISE NO. III.

Stand in an erect position. Inhale a full breath. Stretch the left leg as far backward as possible. At the same time, reach up and forward as far as you can with the right hand and down with the left. Hold this position while you count four, relax and exhale. Repeat this exercise with the right leg and left hand.

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## EXERCISE NO. IV.

Inhale a full breath. Stretch both arms out from the body as far as possible, with the fingers spread apart and extended. Hold this position while you count four, then relax and exhale.

Next inhale as before, clasp the hands firmly behind the head and bend backward as far as you can comfortably. Hold this position while you count four, then straighten up and exhale.

## EXERCISE NO. V.

Lay down on your back on a hard couch or the floor and stretch the entire body. Then inhale a full breath, hold the arms straight at your sides and raise the right leg as high as you can. Hold this position while you count four, lower it and and exhale. Repeat this exercise with the left leg and then with both legs at once. This exercise aids digestion and corrects constipation.

These exercises will also have a tendency to increase the height, but if you should desire to add from one to two inches to your present height, you can do so by taking the two following exercises in addition to these already given :

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## EXERCISES FOR INCREASING THE HEIGHT.

### EXERCISE NO. I.

Stand before a door the top of which should be beyond your reach. Inhale a full breath and then reach up toward the top with both hands evenly as far as you can. Hold this position until you count four, then relax and exhale. Repeat five times. By stretching all the muscles and the vertebra of the spine new atoms are attracted to fill the vacant spaces, and, in this way, growth takes place.

That you may watch your daily growth, I suggest that you fasten a paper on the door or wall and just before you begin the exercise, dip the ends of the second fingers of both hands into some colored solution, so that you may thus mark the highest point reached each day. In this way you can see the improvement you are making from day to day.

### EXERCISE NO. II.

Take a position facing the wall, stand flat on your feet with the toes about four inches from the wall, inhale a full breath, then raise the head and body as high as possible without raising the heels from the



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floor. Mark a little spot on the wall with a pencil in a direct line with the eyes, when the head is raised to the limit. Hold this position while you count four, relax and exhale. Repeat several times. Each day as you take the exercise, try to raise the head a fraction higher. As you increase your height make a new mark a little higher. Watching your growth from week to week will become very interesting and the results obtained from the exercises will encourage you to continue them.

### EXERCISE NO. III.

Stand erect, feet close together; inhale a full breath, raise the hands high above the head and lock thumbs together, bend forward and touch the toes with the fingers without bending the knees. Raise up immediately, relax and exhale. Repeat this exercise several times, unless it tires you too much. In addition to increasing the height, this exercise will reduce the size of the waist, cure weak back, correct inactive kidneys and assist in overcoming constipation. Three months of these exercises will add from one to two inches to your height, depending upon your present legal age.



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## EXERCISES FOR THE CURE OF CONSTIPATION.

As so many people suffer from constipation, which is the cause of much disease through preventing the normal elimination of waste matter, which, when retained, re-enters the blood and poisons the entire system, I will give some special exercises, that, if practiced and if due attention is paid to a correct diet, will cure any case in a short time.

The lack of proper exercise and the constant practice of taking laxative medicines are the most frequent causes of constipation. The habit of using laxatives must necessarily grow, for it is well known that an ever-increasing dose is necessary to produce the desired results. Once the pernicious habit of medicine-taking is formed, the intestines act only when stimulated by drugs. In addition to the exercises, the mental influence is a powerful factor in the cure of this prevalent congestion.

### EXERCISE NO I.

Stand erect with the spine straight. Inhale a full breath. Clasp the hands and place them back of the head. Bend the body from side to side as far as pos-

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sible. Regain an erect position and exhale. Repeat ten to fifteen times.

### EXERCISE NO. II.

Sit in a chair and bend forward, pressing the body first against the right leg and then against the left. Repeat ten to fifteen times.

### EXERCISE NO. III.

Lie at full length on your back, draw one leg up, clasp your hands just below the knee and press the leg vigorously against the body. Use one leg and then the other. Repeat several times.

In addition, you may take exercise No. 3, given for increasing the height.

After completing these exercises lie down on your left side for a few minutes and concentrate your thoughts on the condition you are working to bring about. Satisfactory results will follow almost immediately. Take these exercises each day at the same hour, preferably in the morning. At least not later than noon. By observing the same hour you will form a habit to which nature will quickly respond.

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The regular practice of stretching the body and breathing correctly will also assist in bringing about a speedy cure of constipation.

As you take any of the exercises given in this lesson, remember that your predominant frame of mind will determine the amount of benefit you will receive from them. If you are cheerful, hopeful and confident that you will be strengthened and beautified by their influence they will prove an abundant benefit to you.

Outdoor exercise is especially beneficial. Walking, riding, driving, swimming, boating, golf, tennis, etc., are all natural exercises, and, if practiced in moderation, create health and strength. Walking is of special value, if an erect position is maintained and the breathing is full, deep and regular. It arouses the dormant circulation, ventilates the lungs, produces rosy cheeks and glowing health. Those who breathe correctly can always walk further than others and not feel fatigued. Running is also a splendid exercise and if you will forget the figures you offer as your legal age and remember that your body is new, you will find an occasional run of great benefit. Do not be afraid to lay aside the conventional dignity and enter more into the childlike spirit of play and natural action. To the

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extent that you do this, you will impart a vitality to your exercise that is truly rejuvenative.

To be able to live a hundred years and still possess vigor and freshness of youth is a prize worth working for. Therefore, you cannot afford to ignore healthful exercise that gives increased power of mind and body, as well as that of grace and beauty. Do not hesitate to take immediate advantage of the benefits to be gained from the physical and mental exercises and the advice I have given in this lesson.



## LESSON VIII.

### *The Purpose of Relaxation and Sleep*

While exercise is necessary for the preservation of youth and health, still Nature did not intend that man should work continuously. In the great scheme of physical construction, rest and sleep play just as important a part as work. However, it was designed that we must work, or we could not enjoy the benefits of sleep. There is an art of relaxation, rest and sleep as well as an art of work. Too many people think that this world was made to work in and that all rest is to be reserved for a future existence. He has a mistaken view of life, who thinks that this existence must be one of incessant labor and weariness and the future existence one of



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perpetual rest. Rest and work are both inevitable features of a normal life. To continually follow one without the other means sure destruction. One by wearing and breaking down the physical structure, the other by stagnation and disease.

Relaxation is one of life's great secrets. Those who master it secure as their reward strength, endurance, grace and expressiveness. Relaxation makes work and exercise a pleasure. It is also an indispensable factor to health, peace of mind and personal beauty, for it makes recuperation and renewal possible. All muscular tension expends vital energy and tears down the cells of the brain and body. Muscular relaxation gives Nature an opportunity to rebuild and repair the destruction made by muscular tension. Muscular relaxation is that condition of the muscular system in which the nervous (vital) force is to a large extent withdrawn from the muscles. This secret of relaxation is enjoyed by animals and healthy children; but by few grown people. The few adults who understand perfect relaxation and use it, are always remarkable for their endurance, graceful bearing, attractiveness and power of expression. Their endurance results from muscular economy. In other words,

## Relaxation and Sleep

they do not uselessly expend unnecessary vital force. They adjust the force put forth exactly to the resistance to be overcome. Hence, there is no waste of energy. The majority of people use up in their every day movements from five to twenty times the force necessary. Watch the average person sign his name, sharpen a pencil or do any other commonplace act. Note the excess of force wasted and you will gain an idea of the vast economy that must result from the proper adjustment of the muscular effort to the task.

My desire is to instruct you how to economize your forces so as to have at all times a reserve capable of meeting any unusual demand. There is no reason why you should live up to the limit of your strength and vitality every day. You need to keep a reserve. What would happen to a bank if it loaned out all the money it took in and several depositors should suddenly need to draw out an unusual amount of money? It would have to suspend business because it was unable to meet the demands. That is just what would occur to you, if you spent all your energy each day and was then placed under an unusual demand.

There are two methods of acquiring the power of perfect relaxation; both are necessary. One is mental,

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the other physical. You must first form such habits of thought control as are conducive to calmness and contentment. You will readily understand that the man or woman who is possessed of a calm, well balanced, amiable and controlled mind is not as liable to waste vitality as the person who is excitable, emotional, erratic and irritable, whose mind is constantly filled with conflicting impulses.

Next in importance to the mental attitude is the formation of habits of muscular economy. By this I mean the habit of performing all movements with the least possible outlay of energy. In lifting an article weighing six ounces, use just force enough to move six ounces and not enough to lift as many pounds. With a little thought and care, you can soon acquire this habit and do away with your extravagance of vital force.

## RELAXATION EXERCISES.

I will give you a few physical exercises that have the effect of withdrawing from the muscles the nervous tension which causes a constant expenditure and leakage of vital energy. These exercises may be practiced

## Relaxation and Sleep

by anyone irrespective of their present legal age. They cannot injure the most delicate.

Before commencing these exercises, remove, or at least loosen all restricting clothing. Exclude from the mind as far as possible all annoying or exciting thoughts. Don't try hard with these exercises. Do them carelessly and easily. To do them easily is to do them well. Remember the object is to reduce effort.

### EXERCISE NO. I.

Lie down on the floor flat on your back. Let go of all the muscles. Try to feel that you have not a particle of strength; that you could not lift your hand. Withdraw all the force out of your muscles, let them lie limp and inactive. Don't care, don't try to move, don't even think if you can help it. Breathe slowly and regularly, using as little effort as possible. Relax the fingers and allow the lower jaw to drop as though it had lost all power to move. Lie still for a few minutes and rest. Should you feel any of the muscles of the hand, leg, neck or elsewhere tightening up, turn your thought on them and relax them.

After a few minutes, slowly and lazily roll onto your right side and relax completely. After a few minutes, roll to the left side and relax.

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## EXERCISE NO. II.

Without rising from the floor after the previous exercise, try to realize the weight of the body, head, trunk, arms and legs, and let the floor bear all the weight. This advice may seem absurd, but there are few people who even when asleep do not hold part of the weight of the head, or of a leg, or of an arm away from the bed.

After a few moments, gently raise the arm a few inches from the floor being careful to use no more energy than is needed, then withdraw all strength from it and let it fall to the floor as if lifeless. Don't lower it; just let it fall with its own weight. Repeat this with the other arm and the legs, then lie still and rest.

This may appear to be easy. Try it. If you find it easy you don't need the exercise. The more difficult it is, the more you are in need of it.

When you arise from the floor and begin to walk, take things easily, don't make any unnecessary efforts. You will at once note a marked change in both your mental and physical attitude. Fifteen to thirty minutes of these exercises when you are nervous and your muscles are contracted will make a wonderful transformation in your condition. They will rest you as much or more than a night's sleep.



## Relaxation and Sleep

One of the principal reasons why people suffer with their nerves, nervous exhaustion and prostration is because they have not learned the secret of rest. Plenty of natural sleep is, of course, the first requisite, but you must not conclude that the number of hours spent in bed or even in sleep indicate the amount of rest obtained. There are many people who retire at an early hour and remain in bed from eight to ten hours and yet never completely rest the body. They awake in the morning with a feeling of weariness and exhaustion.

The craving of the body for sleep is as imperative as the cry for food. This blessed loss of consciousness is one of the best medicines known. There is no substitute or rival for it. Sleep is the off-duty period of consciousness. It is during this time when the entire system is in a quiescent state, that the final process of assimilation takes place and that the body is really nourished.

The assimilation goes on more thoroughly and rapidly before midnight than afterwards, because of the more thorough circulation of the blood, which carries the new material and removes the waste. Oxygen is also consumed in greater quantities before midnight than after it, and oxygen is necessary to the nutritive



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process. The heart decreases in force from midnight until after the sun rises next day; hence, relapses and death occur more frequently after this hour. Another good reason why we should get our sleep early in the night is because the cells of the brain and other nerve cells can recuperate more quickly before being taxed to a point of strain or exhaustion, than they can afterwards do.

It should also be remembered that the nutrition of the body goes on very slowly unless plenty of oxygen is consumed at the same time. As the consumption of oxygen is less during sleep than in waking hours, there is the greatest need for plenty of pure air in the sleeping room.

Sleep is a life-giver as well as a life-saver. It has a most important influence on the vitality. Most people think that the longer they sleep, the more rested they are. This, however, is not so. Refreshment and renewal from sleep depends not so much upon the quantity as upon the quality of the sleep. There is a kind of sleep that is actually hard work—for the muscles and nerves. I refer to a sleep in which the muscles are kept tense, thus not only causing an exhaustion through sheer physical work but harassing the brain with cease-

## Relaxation and Sleep

less messages from the muscular system. The man who awakens in the morning unrefreshed after eight hours of sleep does not know how to sleep. He has allowed his muscles to become, and remain contracted, and all night he has been working as hard as though lifting heavy weights. What he needs is not more sleep but better sleep. Sleep is restful not so much because it is unconsciousness as because it gives normal muscular relaxation.

Sleep cannot act as a restorer if you retire to sleep in a state of mental or bodily tension. The nerves and muscles of the body must be entirely relaxed. Some people scarcely ever completely relax themselves. Their brains and bodies are busy all day and all night—they go right on with the strife and toil of the day. When they sit in a chair, they unconsciously exert an energy to hold the chair down instead of allowing the chair to support and rest the muscles.

Whenever you find an opportunity to rest, just let go all muscular tension, relax and rest. While it is necessary that you concentrate or focus your attention on your work or any given subject, yet it is equally important to know how and when to let go and relax. Those who have learned the art of relaxation and who

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wisely control their mental forces can by an order from the will completely let go at the desired time.

When you lie down to sleep do so with the definite purpose of rest and sleep in your brain. The hours allotted to sleep, is not the time for business, domestic or social plans. Do not picture yourself at work, or conversing or dealing with anyone on business subjects. An abundance of perfect child-like sleep and rest is necessary for the preservation of health and beauty. A few hours of dreamless sleep will do far more good than many hours spent in tossing to and fro with alternate periods of half sleep and wakefulness.

The mental mood in which you retire to rest has an important influence on the benefits you will receive from the night's sleep. If you retire satisfied that you have done your best to realize your ideal of what your life should be, with the bright expectancy of continued success, happiness and new life, your sleep will do you much good. Your attitude will enable you to fall asleep with the naturalness of a child, to whom the cares of existence are unknown.

Never retire to sleep with a thought of inharmony toward anyone, for all bitter feelings are indications

## Relaxation and Sleep

of disturbances within yourself that will surely destroy the harmony necessary to normal, restful sleep. Instead, retire with an attitude of love, peace and thankfulness for the day's favors. This attitude will not only assure you of restful sleep, but it will have an elevating influence on your character and will raise you to a higher mental plane where you will receive more abundant life.

If you are now suffering from the lack of restful sleep due to not having followed the correct rules for rest, I advise you to begin today to follow the advice given in this lesson. If you suffer from insomnia, take the relaxation exercises for from fifteen to thirty minutes and then crawl into bed and allow the body to lie limp and relaxed. Relax the lower jaw and in a few minutes, you will be in a sweet, restful sleep. Should you be in the habit of waking during the night and remaining awake for hours at a time, you can cure the habit if you get out of bed as soon as you wake and walk around the room until your body is quite cool. Better still, go to the window and inhale a quantity of pure air, then return to bed and relax all muscles as before and you will go to sleep again in a very few minutes. Don't lay in bed and toss and turn until you

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grow nervous. Get right up and let the air get to your skin. It does not matter how cold the air may be, it will not harm you, if you keep moving, for your body needs it. If your room is thoroughly ventilated so as to admit the oxygen your system requires, you will not wake up and become restless. Remember this.

The attainment of a century of youth is a high ideal, therefore, your entire life must be remodeled along perfect lines. Each act of existence must be so expressed as to afford the greatest amount of vitality. Therefore sleep, one of the simplest acts of life, should be enjoyed in abundance. Unfortunately, hundreds of thousands of people know not the real meaning of sleep. They are the people who need to study and follow these instructions.

If you are one of this number, affirm your right to be a master of your physical sensations and not a slave. Determine to concentrate your thought on work when you need it and to let go and relax the mind and body when the proper time comes. To do it, you have but to try conscientiously. You can sleep and you can rest.

The coming of natural sleep is gradual. The senses are lost one by one. The eyes close first because sight



## Relaxation and Sleep

is useless in the dark. Next taste is lost, then the sense of smell. Hearing is the next to succumb and the sense of touch is the last to desert us. In waking the process is reversed. The sense of touch regains consciousness first.

The amount of sleep necessary to complete rest depends, as I have said before, upon the quality of the sleep. As a rule, from eight to nine hours is enough. As much of that as possible should be taken before mid-night for reasons previously mentioned. You must be the judge as to just how much sleep is best for you. Better a little more than not enough.

Do not attempt to sleep in a room that is not properly ventilated. To do so, is to poison your system and create symptoms of disease. Refreshing, renewing sleep cannot come to you if you are breathing and re-breathing impure air. Pure, cool air at all times is what you need. Don't be afraid of taking cold. Colds never come from pure air; they are the efforts of Nature to throw off an accumulation of waste matter that has become congested in the system, as a result of over-eating, insufficient bathing, or the breathing of impure air.

If you keep your blood pure and its circulation act-



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ive by following the rules given in these lessons, you will never have a cold. In a few years, it will be recognized as an admission of gross carelessness for anyone to suffer with a cold or any other ailment. If you are sick in future you will have only yourself to blame.

Before closing this lesson, I wish to bring to your attention the fact that to rest does not mean that you must always cease activity. A change from one set of muscles to another will be found highly refreshing. Therefore, when you are tired from the routine of your daily work you can often secure rest and pleasure from some exercise or play that uses a different set of muscles. The exercises given in the previous lesson will create rest and comfort when you are tired from work.

You should study to work in a harmonious, natural manner. Avoid all unnecessary tension. Make no nervous or unnecessary movements. See that each movement of the body has a definite purpose and you will avoid a useless waste of vital force.

Another important essential of rest is proper recreation. Life should not consist of merely working, eating and sleeping. There should be a time for play and a time for work. The nature of the recreation to be taken is largely a matter of choice. But, in a general

## Relaxation and Sleep

way, it should tend to vary the day's activities. Outdoor recreation, of course, is best. In taking any other kind, be careful to see that the air is pure and that it has not been breathed over several times by other people. There is no need to postpone the realization of your ideal of rest for another world or a future existence. Rest is for you here and now, if you will accept it. In proportion as you learn the laws of perfect rest and fulfill them in your daily life, you will renew the body so that youth and power can be preserved for the desired length of time. Let each day, therefore, be one of reposeful activity, and, each night, be one of perfect and rejuvenative sleep.



## LESSON IX.

### *What to Eat*

The human body is merely a machine—a mechanism for converting latent energy into the active state. It takes the force latent or potential in food, water and air and transforms it into the energy which is manifested as work, heat and thought. When the amount of energy so transformed is great, the vitality is abundant and strong, and when it is small, the vitality is correspondingly lowered.

To illustrate this fact more clearly, I would explain that the human body generates vitality very much as a steam engine generates steam. By the proper attention to the engine, that is by providing for it the best

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of fuel, clean water and plenty of draught, we get the best service, the greatest amount of power. It is just so with the human machine—the body. By giving it the best food under the best conditions, supplying the quantity and quality of water needed and by removing the ashes (waste material), keeping it clean inside and out, we assist it to increase its product of energy or vitality. Human vitality can be increased to a high degree. As a practical asset the value of increased vitality is beyond all price. It gives the power for greater effectiveness, greater income, and greater success in any chosen endeavor.

As stated, the body manufactures the vitality from acting upon the food taken into it, but in this process of converting food into vitality, an outlay of energy is required. In other words, the process of digestion is work which consumes more or less of the vitality previously generated and stored up in the system. Here is where we must learn to use economy and not exhaust as much vitality during digestion as we gain from it. We must not tax the digestive organs unnecessarily. To guard against this we must use care in selecting such food as will yield a large percentage of energy at a small expenditure of vitality for its

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digestion. It is not the amount of vitality we generate but the amount we retain that makes us well and strong.

One of the most important factors in increasing the vitality is to select a diet that will require little digestive energy and will, at the same time, supply the largest amount of nutriment. To do this means that we must eat easily digestible, nutritious food.

We must consider the quality as well as the quantity of food we tax our digestive organs with. Food is converted into energy as the result of the action of certain fluids,—often termed gastric juices—which are poured by the digestive system into the food while it is passing through the alimentary tube. Now, these fluids are poured out in proportion, not to the amount of food present, but to the needs of the body. So, if more food is taken into the stomach than the needs of the body call for, it is not digested, but instead decomposes, forming a putrid acrid mass.

The digestion of food requires a quantity of the digestive fluids in relative proportion to the food, some food requiring more than others. Now supposing you fill your stomach to the limit of its capacity with food that requires, under normal conditions, from four to six



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hours to digest, and leave no room for the digestive fluids to enter, what is likely to be the result? There can be but one result. The food subjected to the heat of the stomach without the assistance of the digestive fluids, must quickly decay and form an offensive matter. This matter slowly works its way through the alimentary tube, and the tube, true to its function, absorbs not the pure, clean food that it needs, but the poison from this putrifying mass. The poisons thus absorbed into the blood derange the functions and cause symptoms ranging from foul breath, formation of gas in the intestines, cramps, slight headache, dizziness or palpitation to fatal apoplexy or heart failure.

You will now understand the danger that results from taking into the stomach food in excess of the needs of the body. The body is at once starved and poisoned. Starved because the food remains undigested; poisoned, because of the absorption of the products of its putrefaction. This condition is induced by the wrong food as well as by too much food.

It is easy to understand that the food we eat has a most important influence in the cultivation of enduring youth and vitality.

By the right choice of foods, by eating at the proper

## What to Eat

time in normal quantities, we can renew and preserve youth to a wonderful extent. Ignorance of the nutritive value of the food eaten is the cause of many people growing old and dying prematurely.

I have already explained several times in these lessons that bodily age is a delusion and that the body is constantly being renewed through molecular change. What is termed "Old Age" is in reality a hardening or ossifying of the tissues, arteries, etc., as a result of excessive deposits in the system of calcareous and other deleterious elements, resulting from undigested food and impure water, which settle in the tissues and around the joints. This substance is soluble and can be completely dissolved and carried out of the system. To do this one must select and eat food that is adapted for the purpose. Where these deposits have not already taken place, they can be forever prevented.

When to eat is equally as important as what to eat. The digestive organs must be ready to receive and digest the food or it will poison the blood instead of creating new vitality. People follow habits and customs in eating about as they follow other habits, without investigating to learn if they are beneficial or otherwise. What they see their neighbors do they think they must

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do. This is particularly true in regard to eating. Most people eat three meals a day. Why? Because other people do it, not because their systems need it. Some say they are hungry. Hunger in most cases is but a habit faithfully responding at a certain hour, because the stomach has learned from past experience that it must take in another load at certain times each day whether it can digest it or not.

The majority of people have little or no appetite in the early morning. They, however, through ignorance and habit, force themselves to eat. The eating of food at any time when there is not a natural hunger for it is very disastrous, but the eating of food in the morning is especially destructive and devitalizing. Let me tell you why. Food is used by the system to build up tissue. Through mental and physical exercise, tissue is constantly broken down and the process of elimination carries it away as waste or dead matter. Food well digested and carried to all parts of the body through the blood builds up new tissue, and thus keeps the disintegrating and recuperative processes equalized. The process of rebuilding is done mainly during sleep. Food should be eaten in sufficient quantities to rebuild all waste tissue, but should not be taken

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in excess of the system's requirements. The greater the exercise and consequent destruction, the greater the food supply that will be needed. If, during the day, a man eats what his system needs and his digestion is normal, the stomach finishes its task during the night's sleep, fresh food-laden blood goes to all parts of the body, builds up all waste, replaces all broken down cells and puts the whole system in perfect repair. He awakes in the morning a new man. He has no need of stimulants or food. He is from Nature's standpoint ready for the day's activities. His head is clear, his blood is warm and courses through the arteries with a steady pulsation and the vitalizing currents sweep over the nerves and fire his entire body with new, throbbing, pulsating life. He enters upon his daily tasks with courage and avidity. Four to six hours of exercise again destroys myriads of cells; the broken down tissue has begun to make way for new material, and, in the meantime, the digestive organs have had their much-needed rest, the gastric juices have had time to accumulate through the organs of secretion and are ready to digest a normal amount of food. Food taken under these favorable conditions is quickly digested and goes at once on its mission of healthful repair. The omis-

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sion of the morning meal incites natural hunger, natural hunger calls with keen relish for plain, substantial and less expensive foods; hence, hunger relish and not an artificial or cultivated taste relish. By this plan of eating but two meals a day, at noon and 6 P. M., you get the benefit of all the food you eat and therefore do not need so much. By the unnatural habit of three meals a day, excessive quantities of food is forced to pass through the body, only a part of which can be digested and assimilated. The stomach is given no rest. It is loaded in the morning and must carry that burden until noon, slowly trying to dispose of that which it had no use for and for the digestion of which its exhausted supply of gastric juice is wholly inadequate. By the time the stomach has begun to appropriate the breakfast, another meal is forced in upon it. Then it must carry the double burden into the afternoon and evening. Then the evening meal adds still further to the burden. The result, is greatly overworked digestive organs, the retention in the system of masses of undigested and decaying matter, the generation of poisonous gases, which poison the blood and create the various forms of disease.

The advantages to be gained from omitting the



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morning meal are countless. My advice to you is not to eat your first meal before eleven o'clock. If you have been in the habit of taking breakfast, break the habit. Begin the day by drinking a glass of pure water and eating a little fruit, then should the hunger, due to habit, annoy you before noon drink more pure water. After a few days you can leave off the fruit also and you will not become hungry before noon. The hunger you experience then will be pleasant, while the artificial hunger was painful.

I offer no advice that I do not know from personal experience and the experience of many others to be founded upon logical and scientific facts. I have both seen and experienced the benefits from the methods I am teaching you, therefore, you can have absolute confidence in them.

The articles of food which contain the greatest nutriment and at the same time require the least expenditure of energy to digest will now receive my attention.

The articles of food which contain the greatest nutrients—phosphates, nitrates and carbonates. The phosphates restore the nerves, brain and bones. The nitrates rebuild the muscles and sinews. The carbon-



## How to Live 100 Years

ates produce fat and heat. It is necessary that a percentage of all these elements be daily taken into the system to keep up an even repair. The exact proportion depends of course upon the parts of the body exercised; the particular cells that are broken down.

A diet composed of whole wheat, nuts, olives, fruit and honey will supply every requirement for perfect health and long life.

I do not mean by this that you should confine yourself to so limited a diet but that the combination mentioned is the most perfect blending of all the elements necessary to keep the body in health, youth and beauty. All food should be as simple in preparation as possible. Cooking destroys many of the good qualities contained in food. Those classes of food which can be eaten without cooking should form the larger part of your meals. You may select your meals from the following list: All fruits (ripe or dried), nuts, cereals, peas, beans, lentils, eggs, milk, cream, ripe olives, honey and all the green leaves that grow in the sunlight, as lettuce, celery, etc. You should avoid eating sugar, candies and other articles made from sugar, for it is very injurious to the system. Every grain of sugar swallowed constitutes a tax on the system,—

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upon the nerves, lungs and kidneys more particularly—a tax upon the vitality. There is a natural appetite for sweet fruits and this demand may be safely supplied. The sugar in fruit is in its natural state and ready to be taken up by the system. In honey we have pure sweets that have already been digested by passing through the stomach of the bee. Dates, figs and raisins will supply the sugar needed when ripe fruits are not to be had.

A splendid food for the purpose of both nourishing and rejuvenating the body is the ripe olive and pure olive oil. The pure oil is 98% nutriment and requires the expenditure of very little energy to digest it. Olives contain all the elements necessary for the nourishment of the body. Their special value, however, consists of their perfect lubricating qualities. They assist the intestines to do good work and give elasticity of muscle and dissolve calcareous deposits, thus renewing the free action of youth. Ripe olives are quite different from the green olives sold by grocers in glass bottles. Ripe olives are dark brown and black. Nuts contain both oil and nitrogenous matter and are very valuable as food. They are three times as nutritious as animal flesh. That is, one pound of nuts will sus-

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tain the body for the same length of time as three pounds of meat, and, at a less cost of money and of energy to digest. Then the danger of contracting disease is also avoided. All animal flesh contains poisonous matter which was on its way to the surface of the skin to be eliminated at the time the animal was killed. At the death of the animal the process of elimination ceased and the poisonous waste product remained in the flesh to be taken into the system of those who eat the meat, where it acts as an irritant and poison. Our digestive organs have enough waste to dispose of without our needlessly forcing them to undertake any additional work.

The men and women who desire to live one hundred years should not eat animal flesh. Statistics prove that meat-eaters die at a younger age than any other people and that they suffer more from disease, especially rheumatism and consumption. Statistics further show that in Germany—a pork-eating country—out of fifty-five million inhabitants only 78 were living at the age of one hundred years, while in Bulgaria, a country of only four million people, who eat little or no meat, there were 3883 persons who had passed the century mark. Just think of it. Seven hundred times as many

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persons live to be 100 years of age, who do not eat flesh as those who do. In Servia, another country that uses little flesh food, there are 290 persons living between the ages of 106 and 115 years, 125 persons between the ages of 115 and 125 years, 18 persons between the ages of 125 and 135 years, and three persons more than 135 years old.

Do you see why you should avoid flesh food if you want to live one hundred years or more? Aside from the destructive effect on the human system, it is a great economy to use other and more natural foods. The amount of nourishment to be gained from thirty-five cents' worth of sirloin steak can be had from three and a half cents' worth of entire wheat flour, or five cents' worth of oatmeal, or three cents' worth of beans, or ten cents' worth of ripe olives, or seven cents' worth of nuts. I might give many more comparisons, but these will serve to show you the folly of wasting money on flesh food, when more healthful foods can be purchased much cheaper.

Milk and eggs are not perfect articles of food, especially for adults. They contain all the elements necessary to sustain life, but they are not always pure. Disease is very commonly transmitted through milk

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from an unhealthy cow and from eggs laid by hens that are allowed to gather their food by acting as scavengers.

Vegetables are valuable, especially those which can be eaten raw, for cooking devitalizes them by destroying the natural salts, which they contain. Salad is a desirable way of eating vegetables, such as lettuce, celery, tomatoes, radishes, onions, etc. Lettuce freely eaten is a sure preventative of small-pox.

Fruits of all kinds should be eaten freely, for they contain all the elements necessary to sustain the body. Fruit and nuts are considered ideal food. I would suggest that you select a diet of fruit, nuts, grains, vegetables, legumes, olives, salads and honey. In a few days you will begin to enjoy an electrical vitality that is truly rejuvenative.

Do not eat bread made of white flour; use whole wheat bread. All the nourishing elements are removed from white flour in the process of making.

Figs, prunes and raisins are valuable foods, but for preserving youth and beauty the ripe apple has no equal. Apples should be eaten at every meal, especially by people who have begun to show signs of age. They dissolve the deposits which stiffen the muscles and arte-



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ries. In Mythology the Gods are represented as preserving their immortality by eating apples. Apples give a youthful color to the complexion and elasticity to the muscles.

Avoid eating spices, pepper, mustard and vinegar, and be moderate in your use of salt. What salt you do use should be pure rock salt and not the fine powdered salt, for it contains lime and chalk, which obstruct repair and growth. The salt necessary for the body is taken in a natural form in the vegetables and fruit you eat, unless destroyed by cooking. Lemon juice should be used in place of vinegar.

You must drink as well as eat, for the body is eighty per cent water. To keep up the percentage, you should drink about two quarts a day. This amount is necessary to insure enough fluid for digestion, the liquifying of the blood and for the elimination of the poisonous waste that if retained in the system depletes it of vital force. What kind of water should you drink? Pure water. It is the only natural beverage. Do not drink alcoholic beverages, for alcohol is a deadly poison. Tea and coffee are both injurious to the system. They are stimulants and have the same effect on the system as a whip has on a tired horse. They cause



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you to destroy bodily tissue and rob you of your vitality.

How can you know if water is pure or not? The only absolutely pure water is that which has been distilled. It is condensed steam prepared, after Nature's plan. Water is not purified by filtering it. Ordinary water contains minerals and lime besides organic matter, which is injurious to the system. If you cannot get distilled water, put a few drops of lemon juice in each glass of water a minute or two before you drink it. The lemon juice will destroy all organic matter and purify the water to a great extent, but it will not remove the minerals held in solution. Water should not be taken with your meals, but between meals, the first thing on rising in the morning and just before retiring to sleep.

Water taken with the meals dilutes the gastric juice and retards digestion. Food, when properly masticated, requires no washing down. Chew all food well before swallowing it. Eat a sufficient amount of pure, nourishing food, but not too much at any time. If you are not hungry, do not eat just because it is meal time. Wait until Nature tells you that food is needed. If your stomach at any time does not work right, give it

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a rest; don't force it to take food; instead give it pure water in plenty to wash out the accumulated indigestible waste. Short fasts of 24 to 36 hours are very beneficial, especially to those suffering from disease.

Bear in mind that the attitude of the mind has a powerful influence on the digestive organs. Therefore, if you are feeling vexed, angry or irritable, do not eat until you have conquered the mood. The process of digestion is suspended during anger or violent emotion.

Eat only when in a cheerful, happy, and harmonious frame of mind. This mental condition should of course exist at all times. The purest food will lose its value if discordant thoughts occupy the mind. Remember that mental harmony is the key-note of health and long life.



## LESSON X.

### *T h e   B a t h*

As a part of this system of life culture, I must draw your attention to the value and purpose of bathing the body. The bath has a double purpose—to cleanse the skin of the impurities excreted by the pores and to increase the circulation of the blood in and through the tiny veins that lie just below the skin.

You may not know that the skin breathes as well as the lungs. The skin of the average body contains about seven million tiny little holes called pores. These pores are the outlets from the most perfect drainage system known. These little canals if placed end to end would reach about twenty-eight miles. It is through

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these pores or canals that a great quantity of the impurities and poisonous waste matter is eliminated from our bodies. Whenever this elimination is stopped the immediate result is the raising of the temperature and in an hour or so the person is suffering from what is called a "Cold!" When so affected people think they have taken a cold from being in a draught. The complete congestion or closing of the pores is a very serious matter. It has been demonstrated conclusively that if a man's or animal's body is varnished over, thus closing all the pores, that death follows very quickly. The waste matter is forced back into the blood and poisons it. The skin needs the assistance of the oxygen in the air to assist it in doing its work. Deprived of air, it cannot work. Remember this, that the only cause of colds, is the congestion of the perspiratory ducts, commonly known as pores. This condition may be brought about by the sudden exposure to a draught of cold air when the pores are open and in the act of throwing off perspiration. But the most common cause of this congestion is overeating. The food that cannot be digested is absorbed into the blood to be carried to an outlet from which it may be thrown off. If the pores are not clean and free from previous waste matter, they



## The Bath

become so crowded they cannot work and the result is congestion and a cold. A cold is a warning to you of what is going wrong. To correct the trouble, make every effort to assist the pores. Warm water used inside and out will bring relief most quickly.

You cannot overestimate the importance of keeping the skin clean and free from all excretions. The amount of impurities excreted by the skin depends upon the quantity of waste matter taken into the stomach. If one is careful in matters of diet, the pores will not have so much work to do and it will require less effort on your part to keep the skin clean.

Few people know just how often the body should be bathed in order to keep it clean, and many more have no idea that a bath is taken for any other purpose than to wash off the dust or dirt that has accumulated from external causes. To those I say, we bathe to assist Nature in its process of eliminating poisonous waste matter, which, if retained, would cause disease and death.

Every person in average health should take a cool bath every morning or every other morning. This bath should be taken immediately after the morning stretching exercise. It should be taken quickly and

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the water should be at a temperature of about sixty to seventy degrees. It will then act as an invigorating tonic, refreshing body and brain.

Persons having a delicate constitution should use water about eighty degrees, when they begin taking the morning baths, and gradually reduce its temperature each day until they enjoy the cold water.

The best way to take the cool bath is to wet a bath mit or bath towel and rub firmly and quickly a section of the body and then dry it by briskly rubbing with a rough bath towel before wetting more of the body. Bathe about one-fifth or one-quarter of the body at a time. A little sea salt added to the water will prove very invigorating to the skin and the circulation and prevent you becoming or feeling the cold. It is best that the body should be entirely nude during the process of the bath. Have pure air in the room, but do not stand directly in a draught. Act quickly and make every move count. From three to five minutes is enough time to spend in taking a cool bath. Dress quickly and you will feel a warm glow spread all over the body. You will have discovered a new pleasure; a cool bath.

A warm bath to cleanse the skin may be taken once

## The Bath

a week. The water should not be hot and you should not remain in it for more than seven to ten minutes, otherwise it will be more harmful than beneficial. Hot water is debilitating, it relaxes the pores and drives the blood from the surface of the body to the center, therefore, it should be followed by a cool bath, before drying the skin. Remember the rubbing of the skin is the most beneficial part of the bath, whether it be a warm or cold bath. In the warm bath use pure soap, a flesh brush and the juice of half a lemon in a bath tub half full of water. The lemon has wonderful cleansing properties. Do not allow cheap soaps to touch your skin. Pure castile is the best to use. Most all other soaps contain animal fat, which is injurious to the skin. Avoid medicated soaps. Their value is doubtful and they are very often injurious. Rain water is desirable when it can be had. When hard water must be used, add a little borax. This will soften it. In the evening, just before retiring, is the best time to take the warm bath. Then get right into bed and you will quickly fall asleep. A bath should never be taken sooner than two hours after eating a meal or it will retard digestion. Special attention should be paid to keeping the feet absolutely clean. This may

## How to Live 100 Years

seem a simple matter, but it cannot be done, unless they are washed with soap and water once a day. The evening is the best time for bathing them. A large amount of impurity is daily drained through the large pores in the soles of the feet. This poisonous waste must be removed or it prevents the further waste being eliminated, which, in many cases, is absorbed back into the system and causes sickness.

Many people take turkish, hot air, vapor and other sweat baths, but such baths are not to be advised. One should live so as not to need such stringent treatment. Where the system is very much filled up with waste through intemperate eating and drinking, the sweat bath will greatly assist in its removal and prevent sickness. Those who follow the instructions given in the previous lessons will have no need for any form of sweat bath. They are especially dangerous to people who suffer from an affection of the heart. The turkish bath is a device made by man to aid people to live for a time and indulge in unhygienic eating and drinking. It has no counterpart in Nature and is not according to its laws. If you want to live one hundred years and enjoy health and vigor, avoid the sweat baths by avoiding the cause which makes their use necessary.

## The Bath

The purpose of these lessons is to teach you how to live so as to avoid disease and prolong the organized life of the body. Therefore, you should aim to think, breathe, exercise, sleep, eat and drink so that the blood will at all times be preserved in purity. Therein lies the secret of prolonged youth and its attendant pleasures.

In giving your attention to the general cleanliness of the body, do not overlook the teeth. Few people fully appreciate the value of their teeth, until they have lost them. The teeth can be preserved by the same law that repairs and rebuilds the rest of the body. They should be cleaned with distilled water and a little lemon juice after each meal, on arising and before retiring. Use a good quality of brush for the purpose. A little chalk used once a day will aid in keeping them white. Tartar will not accumulate and destroy the teeth, if lemon juice is used in the water they are washed in. Drugs taken to cure disease have destroyed more teeth than all other causes combined. What do you suppose drugs that are strong enough to destroy the teeth, the hardest part of the system, do to the delicate inner organs? Is it any wonder that drugs kill?



## How to Live 100 Years

The hair also needs a share of attention. A healthy growth of hair on the head is a crown of glory. The hair adds to or detracts from beauty more than any other one feature. Hair that is naturally oily should be washed every two weeks, but hair that is dry and brittle should not be washed so often, a daily massage being much better for it. To correctly massage the scalp, use the finger tips and rub the roots of the hair briskly in all directions, move the scalp so as to loosen it from the skull. After a few treatments you will observe a natural oil on the hair and by continuing them it will take on a bright sheen that will enhance its beauty. It will show life instead of lying straight and dead. If the hair is thin and dry, dip the tips of the fingers in olive oil and then massage the scalp. A new growth of hair will soon appear. If the hair is thick but oily use sea salt dissolved in water in place of the oil. The results will repay you. In washing the hair use warm water and pure soap followed by pure cold water, and dry the hair in the sunshine. Never wash the hair until you have sunshine to dry it in. Rub as dry as possible with a towel and then shake it in the rays of the sun until it is dry. The sun will add to the hair new life. If these simple directions are followed, in ad-

## The Bath

dition to the regular system of hygienic living, you will have a head of perfect hair when you celebrate your hundredth birthday.

Two other baths I will mention here as being of special value in prolonging life, are the sun bath and the air bath. The body needs to be admitted to both the oxygen of the air and the rays of the sun. The air bath can be taken to best advantage while taking the morning physical exercises. Take them with the body nude that it may breathe in oxygen through every pore. An air bath should not be taken without some kind of exercise, for the temperature of the body might be lowered so as to cause a congestion of the pores and a cold would be the result. By the exercise warm blood is sent to the surface and this counteracts the influence of the cold that may be in the atmosphere. A sun bath may be taken at any hour that one can spare while the sun is up. It is best to take it between 9 a. m. and 3 p. m. The force of the rays are then more beneficial. I will explain more on this subject in a special lesson on renewing youth.

That you may live one hundred years in the possession of health, youth and beauty, it is necessary

## How to Live 100 Years

that you drop all false ideas and depend upon the practical vital action of Nature as instructed in this course of lessons. You cannot, of course, accomplish everything in a week or a month, but by keeping your mind's eye firmly fixed on the ideal, you will make steady and permanent progress.

## LESSON XI.

### *Clothing—Its Purpose*

While treating on a subject of such vital importance as retaining and regaining physical youth, attention must be given to everything that bears upon the subject, and the merits or demerits must be pointed out, so that the student may know what course to pursue under any and all circumstances. In this series of lessons we have now come to the one relating to clothing.

Clothing was originally designed for the purpose of covering the nakedness of the body and to protect it against excessive heat, cold or dampness. Acting in this capacity it administers comfort to mankind.

## How to Live 100 Years

Used, however, merely for the purpose of personal adornment or to follow the fashions designed by men who are paid to create useless combinations, for the purpose of using and selling certain lines of materials, to enrich the manufacturer, is the cause of much suffering, deformity, illness and premature death. Clothing should be the servant of men and women, instead of them being the slaves of fashion. Comfort is no longer considered by the designers of clothing. Display is everything. Most people are arrant cowards when it comes to showing their independence and better judgment by selecting comfortable clothing. They know what appeals to them, but they argue, "it is not the latest fashion," and at once sacrifice comfort, health, happiness and very often life to follow "fashion."

Do not misunderstand me. I have no reform style of dress to advocate, nor do I believe in people making themselves conspicuous by departing from the general prevailing order of dress. What I desire to do is to point out some of the most unhealthful articles of clothing, and suggest the use of those which will aid in this great work of prolonging human life.

One mistake made by so many is to wear articles



## Clothing—Its Purpose

of clothing or adornment that repress the normal act of breathing. I do not think they would do this if they understood that every cubic foot of air the lungs need and are thus deprived of shortens the wearer's life. To curtail the breath is to repress the life forces by allowing the system to become congested with carbon or waste tissue which can only be eliminated through the lungs. Tight bands around any part of the body are to be avoided, for they retard the circulation and often cause varicose veins. Tight vests and suspenders worn by men are contrary to hygienic principles. These articles should be loose enough to permit free exercise of the lungs and heart. No article of clothing that fits tightly should be worn. Among this list are shoes, gloves, collars, garters, belts, corsets, etc. The most harmful of all clothing and the article that has done more to destroy the health of the race and make women slaves to internal weakness is the corset. No one can breath normally in one of those destroyers of health and wreckers of otherwise happy homes. A woman enclosed in a tight-fitting corset is as much hampered in breathing as a bellows would be if its handles were tied so as to allow it only a half inch in which to expand. Lungs and bellows

## How to Live 100 Years

work on the same plan. Aside from the injury to the lungs which affects the entire system, the digestive organs are crowded out of position and prevented from doing their work. Then the heat created around the waist, combined with the lack of air to the skin, and the lack of motion and exercise to the muscles, causes the flesh and muscles to become paralyzed and produces such a state of weakness that the woman cannot stand for thirty minutes without resorting to artificial support. Nature did not intend that women should use such instruments of slow death. Many women think they cannot get along without them because they have weak backs. What caused the back to be weak, and what is keeping it in the same state? Analyze the cause. If a man with a powerful strong arm should tie it up tightly and not allow the muscles to be exercised for six months, what would happen to his arm? It would become so weak and the muscles so useless that he could not lift an article weighing but a few ounces. The law that governs one muscle governs all muscles. To retain strength in any organ or muscle it must be carefully and regularly exercised. You cannot fail to see the wisdom of striking corsets from the list of wearables.

## Clothing—Its Purpose

Every mother who has at heart the welfare of her children and the health of future generations will not hesitate to discard this article of murder. The reason more women have not discontinued wearing them is because they have not known the damage the corset was doing them. They attributed their suffering to other causes.

Heavy skirts and long trains worn on the streets are especially unhealthful. Heavy skirts strain the delicate internal organs and long trains gather up all kinds of impurities and disease germs and distribute them on the hosiery and underclothes, to be carried to the skin and then through the pores into the blood.

Tight collars restrict the expansion of the throat and interfere with correct breathing. They also weaken the outer and inner muscles of the throat and vocal organs as a corset weakens the muscles of the waist. Tight and thick collars that exclude the air are the greatest causes of throat and bronchial weaknesses and disease, collars that press on the back of the neck destroy the poise of the body and thus injure the health.

The proper selection of underwear is of great importance. Some people advocate the use of woolen the

## How to Live 100 Years

year round while others think only cotton should be worn. In my experience I have found that there are objections to both. In the first place while woolen garments worn next to the skin will prevent the bodily heat from escaping, which is desirable in winter, it also prevents the moisture of the body from evaporating. Woolen being a non-conductor of heat is also a non-conductor of moisture, hence the moisture is retained and a damp atmosphere is created next to the body. This is not good for it, relaxes the pores and makes one more liable to take cold if subjected to a draught. Silk acts the same as woolen. Linen and cotton underwear absorb the moisture from the skin and eliminate it, but they are not as good as wool to retain the heat. Therefore, I would advise the use of linen or cotton of a loose or mesh weave worn next to the skin at all times during the day and in the winter to wear a light weight woolen garment over the cotton. The cotton garment will absorb the moisture of the skin and the woolen one will prevent the escape of the heat. Under-garments worn during the day should never be worn at night. Remove your undergarments and hang them where they will become thoroughly aired before morning. Do not allow them to remain in the

## Clothing— Its Purpose

room you sleep in for you must not breathe back into your system the impurities thrown off by the pores. It is best to have two sets of underwear, and alternate them, wearing them one day at a time, allowing the other set to air for twenty-four hours. If possible hang them in the sunshine for it will purify them by destroying all disease germs.

In the selection of the outer clothing individual taste should be used, for that which gives pleasure to the eye is an aid to health. It is preferable, however, to wear the lighter colors in the summer, as they reflect the sun's rays and aid in keeping one cool. For winter wear, the darker colors are preferable because they attract the sun's rays and transmit them to the body. The actinic power of sunlight is very essential to the health of the body. The exposure of the nude body to the sun's rays has a very invigorating influence.

Clothing should be properly distributed over the body. As a rule too much is worn about the trunk, while the lower extremities, which need the most, are neglected. Why do they need more than other parts of the body? Because the circulation of the blood is slower at the extremities and is distributed over a greater surface, thus having more opportunity to be-



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come chilled by contact with the air before it can return to the heart. This is a useless waste of bodily heat and energy. It is a vital leakage that should be repaired.

Excessive clothing is also a frequent source of disease for it prevents the free circulation of air to the body and the transpiration of the waste matter from the seven million pores of the skin. The excessive weight also produces weariness and weakness.

You who desire to live one hundred years and retain the characteristics of youth must not allow your head to become bald. To prevent baldness follow the instructions given in the previous lesson and refuse to make yourself a slave to a hat. A hat should be worn only when absolutely necessary, and stiff, tightly fitting hats should never be worn, for they prevent a free circulation of air and overheat the head and thus kill the hair. Women are rarely bald, a condition largely due to wearing thin airy hats. Indians who have never worn a hat never suffers from baldness.

Make it a rule never to wear a hat indoors, either in the home, office, store or workshop. If you now suffer from baldness give your head a chance to get the benefit of the air, sunshine and rain. In this way



A circular purple stamp from the University of California is located at the top center of the page. The text "UNIVERSITY OF CALIFORNIA" is arranged in a circle around the center.

## Clothing—Its Purpose

many people have grown luxuriant heads of hair. Nature is always ready to supply us with renewed youth, when we are ready to place ourselves in harmonious relationship with her laws.

It is also important that attention be paid to proper apparel for the feet. Few people appreciate the importance of giving the feet any special attention so far as comfort is concerned. The feet have a vast duty to perform. They carry the entire weight of the body all day long. Unless they are comfortably clothed they must tire very quickly. Unless the shoes which are worn are correct in shape, a proper posture of the body is impossible. An incorrect posture produces an unnatural strain on all the internal organs, and causes untold suffering, especially in the case of women. A properly fitting shoe supports every part of the foot without unnatural pressure anywhere. A shoe should fit snug at the heel and over the instep so that the foot does not slip forward when walking. There should be plenty of room for the toes to spread apart. High french heels are to be avoided. Those who are in the habit of wearing high heels should make the change to lower heels by degrees so that the muscles may be gradually brought back to their normal position. A

## How to Live 100 Years

sudden change from high to low heels would cause great discomfort.

Grecian sandals are very healthful and should be worn especially in the house. It will be found a good plan and also an economical one to have two or three pairs of shoes and wear them alternately. In this way a continuous pressure on any one part of the foot, is avoided. Besides the greater comfort the shoes will last much longer.

In walking you should avoid the habit so common to many, of placing the heels down first. The greater part of the weight of the body should fall on the ball of the foot. If placed on the heels, it jars the spine, causes backache and headache and gives an ungraceful gait. Walking barefooted, for a short time each day using sandals to protect the soles of the feet is healthful when the weather is pleasant.

In addition to the kind of clothes to wear, their cleanliness must be considered. Those next to the body and those hid from general view should be kept very clean. In fact all the clothes you wear from your head to your feet, from the outside garment to those next the skin should be scrupulously clean, for these things have a marked influence on the mind and the

## Clothing—Its Purpose

body. One cannot have a clean body in dirty clothes, nor a clean mind with a neglected body.

One of the chief benefits to be gained from life at the sea shore is the freedom given to the muscles by the removal of clothes which restrict the respiration and the circulation. The opportunity to run, swim and play out of doors should be taken advantage of at every opportunity. To change from conventional clothing and give the arms and legs freedom and exercise in the open air, has a wonderful influence in restoring youth and creating vigor and power.

The principal rule for you to remember in regard to clothing is to choose such as fit the hygienic conditions of the body and at the same time appeal to your artistic and higher tastes. In doing this there will be no need for you to be at all eccentric in dress. Just use good common sense and artistic taste.

The earnest life culturist studying to make life complete will heed the advice given in this lesson, because by so doing he will further increase his power over health and beauty.



## LESSON XII.

### *How to Regain Lost Youth*

This lesson is written especially for people who have passed the age of thirty-five and have begun to show signs of approaching age; people who have begun to lose strength and vigor and those who feel that they have lost their grasp on youth. To them I offer hope and a promise that they can, if they will, regain beauty of form and feature, and the elasticity and bouyancy of youth, that they can again come into possession of all the powers and faculties which were enjoyed in youth.

To be young again after once having tasted of the inconveniences of age, is a pleasure that has no equal.



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It is truly said that to really appreciate health and vigor, we must first lose it. How many people are there who do not look back with regret upon the past and wish that they had understood the priceless treasure they possessed in youth. How many would like to go back to youthful health and vigor? Almost every man and woman who has lost it.

The message I bring is that they can all regain to a large degree the youth and pleasures they believe to be lost. The body has grown old through ignorance of the laws of repair and renewal. Once this secret is fully understood and adhered to the advance of age will be checked and a gradual return to youth commence.

As I have said before the signs of age, such as stiffness of the cords, joints and muscles, the ever hardening lines in the skin of the face and hands, the loss of color of the hair, etc., is caused by a deposit of calcareous matter in the arteries. Up to the age of thirty-five a certain amount of this matter is necessary to supply growth to the bones of the body. By thirty-five and often earlier the growth is completed and thereafter only enough matter to keep up the daily repair, is needed. Any quantity taken in excess of this re-

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quirement is deposited in the arteries, hardening them and causing a general stiffness. When people feel this sign of age they think they are too old to exercise, when in reality they need more exercise than ever before.

The secret of regaining youth lies in removing the accumulated calcareous matter which is the cause of "old age" and in preventing further deposits. This can positively be done if you will patiently follow the instructions given in these lessons and especially those given in this particular lesson.

As the body is hourly being destroyed and rebuilt, you are given the opportunity to make changes which of course could not be made if the body was not in a constant state of change. It is for you by the use of correct methods to tear down the undesirable parts and rebuild them with new and desirable material.

We will first consider the best means of dissolving the accumulated cause of old age. Of all known solvents there are none to equal pure water and olive oil. I referred to the value of drinking pure water in the lesson on "What to Eat," but in this lesson I wish to impress upon you the importance of drinking plenty of pure water every day, especially if you have passed the

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age of thirty-five. Water should be drank between meals, on rising in the morning and just before retiring at night. Water taken with the meals dilutes the digestive juices of the stomach and retards its work. Water taken between meals acts as a solvent of undigested matter and assists in its elimination from the system.

Water to fulfill its purpose must be pure. There are only two ways in which pure water can be had. Pure water is the most essential requisite for the health, that enters into the system. Impure food is shunned like poison, yet millions of people are every day drinking impure water, taking into their systems water from wells, cisterns, lakes and rivers which not only holds in solution calcareous and mineral salts, so conducive to senility and old age but in thousands of cases deadly microbes and germs of malignant disease.

The purest water in Nature is rain water, but this cannot be had in cities for in cleansing the atmosphere from dust, dirt, smoke and poisonous gases and washing off unclean roofs, it becomes contaminated. The purest spring water contains from six to fifty grains of mineral matter per gallon.

Many people think that by boiling water they purify

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it. This is a mistake. The germs of disease are partially killed but the decaying carcasses of the germs remain to be taken into the system. Water cannot be purified by filtering it.

The microscope reveals a menagerie of life in a drop of water. The medical experts tell us that the ordinary germs are not harmful, yet these same experts admit that were water free from such matter, old age or the breaking down of the organs could not occur. Millions of calcareous carcasses are deposited in the blood every hour. They cause the blood vessels, nerves, tissues, fibers, brain and the various organs to ossify, harden, refuse to act, break down and thus limit life.

The only way to be sure of getting pure water is to drink distilled water. Distilled water is condensed steam. Water when heated to the boiling point passes off in steam free from all impurities. If this steam is condensed and collected we have distilled water.

Old age or ossification results largely from ignorance in drinking impure water. There are three kinds of food which enter the system daily; solids, distilled liquids and raw liquids. All solids contain calcareous or old age materials. The distilled liquids of juicy fruits are not only free from old age matter but dis-

## How to Live 100 Years

solve and draw off as much calcareous substances as the solid food deposits.

Fruits and solid foods would, therefore, ward off decrepitude and age were it not for the raw water that is drank. As Nature distills the water in her fruits, man should take the lesson and drink only distilled water. It is not only free from calcareous or old age matter but like juicy fruits, will dissolve and carry off all such matter contained in solid food.

The combination of lime held in solution in ordinary drinking water, when taken into the stomach, is soon distributed throughout the system and deposited in all the tissues, exactly as it is precipitated and forms incrustations on the bottoms of kettles in which water is boiled. The result is general hardening and in some organs and tissues complete ossification. The bones become brittle, the joints and muscles stiff and rheumatic, gravel and stones form in the bladder, the kidneys, liver, heart, nerves and brain become indurated and sluggish in their action, all the bodily functions are impaired, the nerves weaken, the mind loses its vigor, the memory fails, senility and death creep on.

Used as a drink, distilled water is absorbed directly



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into the blood, the solvent properties of which it increases to such an extent that it will keep in solution salts already existing in the blood, prevent their undue deposit in the various organs and structures, favor their elimination by the different excreta and tend to remove the earthy compounds which have already accumulated in the body. There is no doubt as to the high value of distilled water used freely to prevent the ossifying conditions which constitute "old age."

Water stills for home use are made and sold at very reasonable prices. As a health investment they are worth a thousand times what they cost. At least two quarts of distilled water should be drank every day if you would dissolve the accumulated calcareous matter in your system.

In the Army and Navy of the United States, the drinking of distilled water is commanded.

As eighty per cent of your body is water it is quite important that it be pure.

Water should be drank slowly, and while drinking think of the purpose for which you drink it—the dissolving of all injurious accumulations in the system. As the calcareous matter is dissolved, the arterial blood will circulate more freely, and a pronounced change will be noticed throughout the entire system.



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The other great solvent and lubricator is olive oil. It would be difficult to over-estimate its value in renewing and preserving youth and health. The ancient Greeks who possessed the finest physiques of any race of people, used olive oil extensively. Olive oil, fresh air, sunshine and exercise made them as kings compared with other men.

The olive in addition to its value as a lubricant and solvent is a most valuable food, as stated elsewhere in these lessons. The use of ripe olives or the extracted oil internally and the application of the oil externally will remove the stiffness characteristic of old age and make the muscles and sinews strong and supple. Supplying oil to the body has the same effect as oiling a piece of machinery. It prevents excessive wear and strain, makes it work freely and easily and prolongs its life of usefulness.

Those who have not tested the value of olive oil can have no conception of its benefits. I have in mind a man who is now legally fifty-five years old, who has used olive oil and distilled water internally and externally for a few years and has so far regained youth and vigor that he looks not a day over twenty-five. This is only one case. I could cite hundreds of others but

## To Regain Lost Youth

that is not the purpose of this lesson. It is intended to teach you how to live so as to attain that same degree of physical perfection.

The best way to use olive oil internally is to eat the ripe olive after it has been pickled. The demand for pickled ripe olives has increased so rapidly that they are now being put up in cans and shipped to all parts of the country. They should be eaten at one or both meals each day. You may please your taste as to the quantity, for they cannot harm you. If you cannot procure ripe olives purchase a brand of pure olive oil. Avoid cheap brands for they are usually adulterated with cotton seed oil. You may take the oil in many ways. Some take a tablespoonful at each meal thoroughly mixed with a little lemon juice. Others like it best mixed with lemon juice and poured over salads of lettuce, celery, tomatoes, etc. Olive oil used for cooking purposes in place of animal fat is a very nice way of using it. Those not accustomed to using it will probably have to acquire a taste for it. Therefore, it is best that they begin with a small quantity on salad, and gradually increase the amount taken as the taste is acquired.

If those who are seeking for a chemical compound

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to renew life, will turn to olive oil, they will find the elixir they are looking for. By the regular daily use of olive oil, the "aged" will find their step becoming more elastic, the muscles more flexible and the enjoyment of all the activities of life more pronounced.

Not only is the olive a healthful rejuvenative food when taken internally, but it has wonderful powers of renewal when applied externally as a massage. It is absorbed by the human body very quickly and lubricates the muscles and joints dissolving the calcareous deposits. I wish to add that where urate deposits have collected in the joints and fingers causing suffering known as rheumatism, the juice of half a lemon should be taken in distilled water every day in addition to following the other instructions.

A good time to use olive oil externally is after the warm bath, once or twice a week. After the body has been rubbed thoroughly dry with a coarse towel, dip the fingers in the oil and rub it into the flesh, especially around the joints. Massage as vigorously as possible that the oil may be thoroughly rubbed in. Should there be any oil left on the skin it should be wiped off, (but not rubbed) with a soft cloth or towel.

Some people secure the services of a skilled masseur

## To Regain Lost Youth

to do this work for them but it is better that you do it yourself for you then secure the benefit of the massage and also of the exercise. To increase the benefits of the massage, keep in mind the thought that it is creating for you health, power and youth. Put plenty of energy into the movements and realize that the more effectually you do the work the more life and youth will come as your reward. Exercise of any kind may be vital or lifeless. It all depends upon the attitude of the mind while the exercise is being taken. Then be energetic, positive and sincere at all times and your thoughts will help to create what you desire.

I shall now explain the third essential in regaining lost youth—the value of the sun's rays and the importance of receiving them upon the body. The power of the sun's rejuvenative rays is little understood or else is overlooked by the majority of people. They know that all life and energy has but one source, the sun. They know that the trees, flowers, grain, etc., need the sun. They watch the cat or dog or other animals bask in the sunshine, but overlook the fact that what is necessary to these is necessary to them. To test the influence of the sun, select a spot of grass that the sun shines on daily, that is perfect in color and shows evi-

## How to Live 100 Years

dence of healthful life. Cover it with a piece of cloth thick enough to exclude the light (rays of the sun). After one week remove the cloth and you will see how the grass has withered and changed in color. Its life will have been largely destroyed. Allow the sun to reach the grass again and it will soon take on new life. After you have done this you will recognize the importance of placing yourself in a position to absorb the greatest possible amount of the sun's rays. It is very easy to recognize the people who spend their lives indoors away from the sunshine from those who have lived in its vitalizing influence. One is pale and death-like while the other has the ruddy color of health and life. The actions and ability of each, corresponds with the amount of the sun's energy he has absorbed.

It is not only necessary that you should walk in the sunshine daily, but you should admit the rays to all parts of your body. That part of your body which is deprived of these energizing rays becomes like the grass you covered with a cloth, it loses its perfection. Notice your body in a mirror and you will see that the parts which are constantly hidden from the light are palid and deathlike. You no doubt have become so accustomed to this color that you consider it natur-



## To Regain Lost Youth

al, but should you compare it with that of a person who has been normally vitalized by the sun, you would learn a valuable lesson.

To overcome this defect you should take sun baths. That is, you should remove all your clothing and allow the sun's rays to fall on all parts of the body. A few minutes only should be so spent at first, but the length of time should be gradually increased each time as found convenient or desirable. It is advisable to take these baths every day that the sun shines, but, of course this is not possible with all people. They should however be taken at every possible opportunity. If one's work during week days prevent it, then a few minutes each Sunday that the sun shines should be set apart for the purpose.

If the windows of your room are large and admit plenty of sunlight, you will need no special bath room. If not it would be well to make special arrangements. In every city of importance there are Solariums built for the purpose where sun baths may be had. If this convenience is not to be had and your windows do not admit sufficient sun, a home Solarium should be constructed on the roof or on the upper porch. This can be done at very little expense. What you want is the

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direct rays of the sun sufficient to cover the body, and plenty of fresh air. During the sun bath the body should be kept in motion. This is found to be an excellent time to take the physical and breathing exercises. By combining the three much time is saved, and the most satisfactory results gained. I must caution you not to live or sleep in a room that does not receive an abundance of sunshine if you wish to regain lost youth and health.

Just a word to the man who realizes that his vital forces are on the decline. You are now at a point in your life where prompt and positive action is necessary to save you from premature death. Your case is not hopeless if you will assert your will power and begin at once to faithfully co-operate with these instructions. The decline can be checked and vigor and energy regained to a marked extent in six months, and in a year you can be physically and mentally a very superior man. Your life plans can be completed and years of rest enjoyed before you need think of shaking off the earthly body.

## LESSON XIII.

### *How to Attain Enduring Beauty*

Physical beauty is a perfectly natural condition, for Nature made all things beautiful. Physical ugliness is a sure indication of present or past violation of Nature's laws. To formulate a standard of beauty, based upon the color of the skin, and the size and proportion of one feature to another would be an absolute impossibility for no two persons are constructed after the same model. Then the features that one person would consider beautiful, would make an opposite impression on another. Hence real beauty is not to be discovered by measurements.

It is my purpose to teach you to discover within

## How to Live 100 Years

yourself the real source of beauty and to give such a true expression to it that it will be admired by all who see it. What people need to make them attractive is real beauty and not the sham and pretence affected by so many. There is a popular saying that beauty is only skin deep. Unfortunately much of the so-called beauty does not reach as deep as the skin. True beauty, however, is as deep as the innermost recesses of the soul. Beauty is expressed from within and not applied externally.

It should be your purpose to acquire natural beauty, a beauty that will endure as long as you live. Beauty should be more perfect at fifty than at twenty-five and still more perfect at the age of one hundred. Enduring beauty is the only kind worth striving for. The power to realize this ideal is yours. You have but to wisely co-operate with Nature as I shall here explain and the greatest, purest beauty will be gained and retained beyond the century mark. The foundation of physical beauty is a beautiful mental attitude which entertains and expresses beautiful thoughts.

There is nothing evanescent above real beauty. It continually grows upon one's perception. The better you become acquainted with a person who expresses

## To Attain Enduring Beauty

real beauty, the more charms you discover. A beautiful soul always illuminates the face with an indescribable charm and radiance.

To cultivate true beauty one must make it a habit to entertain beautiful thoughts. As the habit of right thinking becomes more firmly fixed upon the mind, a gradual change will take place in the expression and general contour of the face.

There are people who will acknowledge that the facial expression is capable of change and improvement, yet doubt their ability to actually change the contour of any or all features. This doubt shows a very limited knowledge of the power of thought. The entire body is amenable to improvement. Every curve of the body, the size and shape of the head, eyes, cheeks, nose, lips, chin, ears, neck, etc., are expressions of the thoughts that have been entertained by the mind.

A single thought or emotion may have no noticeable effect, yet when a repetition of thoughts become a mental habit, they produce apparent physical results. Each time that the body is reconstructed, the prevailing thoughts are emphasized more strongly in the physical form. If you have any doubt that the face expresses in beauty or ugliness the thoughts of the mind, stand



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before a mirror and think unpleasant thoughts. Think hate and revenge toward some one and envy of another and watch the expression; note the hard cruel lines, see if you can find a beautiful feature. Then change your thoughts to love, sympathy and generosity and behold the softening of the lines, the tender expression of the eyes and mouth. There will appear a difference so marked that it should forever decide the question of the secret of true beauty. Let the mind continue to hold those ugly thoughts and the face will hold an ugly expression. Let the mind instead entertain only pure, beautiful thoughts toward its fellowmen and the face will continually express that beauty. By persistently sending out beautiful thoughts you construct permanent beauty.

To look beautiful you must be beautiful. To expect to cultivate beauty without trying to make your thoughts, words and actions beautiful would prove a failure and reveal insincerity, shallowness and love of artificial display.

If you determine to express kindness in your every act of life you will be surprised at the number of opportunities you will find every day for doing good. There is a kind and an unkind way of doing every-

## To Attain Enduring Beauty

thing, so be careful, for the simplest act of your daily life reveals your mental attitude.

Loveliness is the true beauty. Loveliness is loveliness, or the likeness of love. You will, therefore, see how necessary it is to express loving and kind relations toward everyone you meet. Remember that every thought of hate, envy or jealousy you allow to take possession of you destroys your beauty. Then shun them as you would a leper or a poisonous reptile. They are far more dangerous, for one evil thought attracts another in rapid succession.

That you may attain to the highest standard of beauty, it is necessary that you recognize the fact that you are, through your thoughts, continually rebuilding the physical body by molecular renewal. If your present beauty is below the true standard, you need not become discouraged, nor remain a slave to your present appearance, for you can change it. Each day as you build parts of the body anew, you can, by correct thoughts and a hygienic mode of living, create so much beauty and power that in a few months a transformation will have occurred.

The art of rebuilding the physical body is the highest and finest art known to man. Every one pos-

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sesses this art, but few realize their power in this direction. When they have learned to recognize their ability, they will quickly create for themselves the beauty we instinctively admire and aspire to. Those who now possess this knowledge, whether consciously or unconsciously, express beauty of face and form. Your purpose should be to consciously create beauty, so that instead of the face and form losing its charm with the advance of years, it will grow more perfect as you become more skillful as an artistic body builder.

As you behold beauty around you, mentally affirm that you will be as beautiful or more so, for beauty is your natural birthright. Claim the beauty of Nature as your own. Try to feel that you are a part of Nature and become a more prominent part by co-operating with its laws. Beauty is natural, and the lack of it indicates some abnormal relationship to Nature. Keep this fact before you, as it will help you.

Some people say that the ugliness of the body does not matter if one has a beautiful soul. Let me tell you that this condition cannot exist, for a beautiful soul will illuminate a body with its own beauty, the body being but a natural expression of the soul.

It is a matter of universal importance that people

## To Attain Enduring Beauty

create for themselves beauty. Nature endowed every one with a love of beauty, thus setting an ideal for us to aspire to and maintain. There is a natural supply for every natural demand, hence the desire of mankind for beauty is a proof that beauty is natural, and ours if we choose to cultivate it. Beauty has a definite use in the economy of Nature. It makes of us better men and women, for we cannot be more beautiful without first becoming better. It makes us useful, for it encourages us to help each other by showing kindness and generosity to all.

A truly beautiful person—that is, one in whom there is no false vanity or sham—is an inspiration to all, a perpetual suggestion of harmony and an incentive to others to strive for a higher phase of life.

It is not alone the body that should be beautiful, but the voice should also be full of sweetness, gentleness and power. The voice is a safe index to the mind. If you will take note of the difference in people's voices, you will find that they reflect the kind of lives they lead. The voice that is harsh and discordant never belongs to a person with a kind, generous nature. A voice full of affectation does not belong to a sincere person whom you can trust. The voice

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of a person possessing a truly beautiful character is the richest and most perfect music. Truly, "silence is golden" as far as most people are concerned, for they have but to speak to reveal their real character.

All the essentials that go to make up complete and perfect beauty can be attained by those who sincerely persevere in carrying out these instructions. You must first recognize that the source of all beauty is within and resolutely decide that you will allow it to remain dormant no longer, but will begin at once to give it expression.

Harmony is the soul of beauty. As you learn to express harmony in all your thoughts and actions, you will notice a gradual relaxation of all the tense features. Thought moulds the form, and according to its quality creates beauty or ugliness.

You cannot realize too vividly the importance of right thinking in the cultivation of beauty of form and feature. Having attained the right mental attitude as a foundation for beauty culture, you must then also observe the principles of health culture.

There can be no real or lasting beauty without the possession of health. It would be folly to expect to manifest beauty as the result of some external appli-



## To Attain Enduring Beauty

cation, whilst neglecting to cultivate habits that promote health.

To cultivate superb health and beauty, follow both the mental and hygienic rules I have given in these lessons.

There are people who claim to admire what they term a spiritual beauty. A pale, delicate face with large, tired, sad eyes does not represent the true ideal of beauty. To be truly spiritual is to be in tune with the Infinite Spirit of life which creates life abundant for mind and body. You can attain this perfection by a close adherence to these rules.

Daily exercise is an important factor in the cultivation of grace and beauty. Then the kind of thoughts you combine with the exercise will play an important part. The more happiness and pleasure you impart to them, the more beautifying and powerful they will become. Watch your expression as you exercise and avoid the strained tense look that so many assume while taking exercise. Don't make it work of a serious character; make it play and a pleasure. Enjoy every moment of it and it will do you the most good. If you realize what it means to you and what it will do for you, you cannot help but enjoy it.

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Harmonious activity is one of the important essentials in the cultivation of beauty. In fact, harmonious activity is beauty. Health and beauty are the natural expressions of internal harmony. The complex processes of the bodily functions should proceed in perfect rhythm. Let your whole life, therefore, be governed by harmonious thoughts and actions, and the passing years will not detract from your beauty.

If you follow these instructions, there is no reason why your face and form should become disfigured with wrinkles. Hold in mind the thought that the body is daily renewed and enter into the natural spirit of this newness and you will find that this mental attitude aids greatly in preserving youthful power and beauty. Realize that you are the sculptor of your physical body and determine to create exactly the conditions you desire. To the extent that you realize your interior power to express beauty, you will succeed in its outward manifestation. Firmly determine that as the flesh composing your face is new, it must not and shall not express the marks of age.

Should your skin and features at the present time show signs of age, you can assist Nature in its effort to restore youthful looks by massaging the face daily

## To Attain Enduring Beauty

with a little pure olive oil. It will penetrate the skin and dissolve the calcareous minerals that have hardened the tissues and caused harshness and wrinkles. When this matter has been carried away, Nature will fill its place with a soft velvety skin of youthful hue. The application of the oil without following the other instructions also, especially the mental attitude, will prove to be only a temporary relief, for new calcareous deposits will quickly take the place of those dissolved. The habit of allowing such deposits must be broken by mental dictation before a perfect complexion and expression can be gained. Age is expressed from within, and there is a mental foundation for every line you find in your face.

In the attainment of enduring beauty you must entertain beautiful thoughts, exercise regularly and harmoniously, breathe pure air and plenty of it, eat a normal quantity of nutritious, easily digested food, drink freely of pure water, bathe regularly and take proper rest, relaxation and sleep.

If you proceed to establish beauty of mind and body along these natural lines, you will be sure to meet with gratifying results. One month devoted to following these principles of renewing life and beauty

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will make a radical change, and in a few months every friend you meet will comment on your striking improvement. Remember that beauty of face and form will add great power to your life by making you more attractive to yourself and to others. What other incentive is necessary?

## LESSON XIV.

### *Influence of Love and Marriage*

The relation of love to life is so intimately associated that these instructions would be incomplete if I neglected to call your attention to this important subject. The romantic side of existence plays an important part and cannot be separated entirely from the practical, for it has a very practical value. At first this statement may not seem logical to you, but you will understand when I analyze and explain it more fully.

In the previous lessons I have devoted my attention to the benefits to be derived from individual efforts. In this lesson I shall try to portray, for your



## How to Live 100 Years

assistance, the benefits to be gained from the combined efforts of husband and wife.

All who have studied the power of thought understand the value of determination and agreement. For instance, when one person determines that he will attain a certain result, he at once produces force and power. Should two people harmoniously agree to work together for the purpose of this accomplishment, there is at once created a vast increase in force and power for success. Hence two persons can accomplish more than one.

While one person may accomplish wonderful progress along individual lines, yet the benefits can be more than doubled if husband and wife lovingly and enthusiastically co-operate in their efforts to attain a more perfect renewal of life. "In union there is strength" is a truthful quotation, but never more so than when applied to a harmonious marital union. There we find strength which can never be obtained by any two people acting along individual lines. I do not intend to reflect on the value of individual effort, for it is necessary in its place. What I wish to do is to show you how much more is to be gained through the harmonious combination of the forces of

## Love and Marriage

a husband and wife. The power to be gained as a result of agreement is made still stronger when both parties understand the law and principles as laid down in these lessons, and have a deep love for each other. Thought always represents a degree of power, but loving thought adds to it greater intensity.

The ideal plan for securing the greatest benefits from these lessons is for husband and wife to study them together and practice the instructions in harmony and unison. In this way both will advance side by side to the same degree of perfection, be in sympathy and fully understand each other. When two loving minds are united in a single purpose there is a mighty mental force generated which will unfailingly accomplish the purpose. The possession of true, pure and mental love is a most important factor in the preservation of health and beauty. Love is a life is manifested.

True love always transforms the individual by renewing the life force in proportion to its intensity. Where pure mental love and a knowledge of the laws of life are united, youth and beauty will endure. The individual powers of man and woman should be blended together, for each has a power the other can-

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not possess, except through such a union. Unity and completeness are the foundation stones of power. No man can be considered to be a complete life, nor does any woman constitute a normal life. It is a fact that every person has a "better half" present or absent who is necessary to the completion of his or her life. Those who desire to prolong life should never cease to be lovers. The honeymoon should last as long as life itself. Every man or woman should study to express love in its highest and purest form. Life is made up of vibrations and love is of all the most powerful and harmonious, and its effects upon health and happiness the greatest.

In a normal married life there is a constant exchange of magnetic force which adds to the vitality of each and gives more perfect life renewal. When there is a definite agreement between a man and a woman to blend their united forces toward the attainment of a long period of youth and vigor, their magnetic radiations are intensified and the success of their desire is assured. Many people are entirely ignorant of this higher use of the sex relation and association. They regard its power as something limited to its local expression. The influence that one sex has over the

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other should convince anyone of its unlimited action. Every atom of the body of a man or a woman expresses the characteristics and power of the sex to which it belongs. These characteristics influence the opposite sex as nothing else could.

Those who have not cultivated the finer forces of Nature as expressed by men and women may fail to grasp the full import of the above statement. Just in proportion as they are able to recognize this radiant force will the benefits be derived from married life. This exchange of force, one with the other, is the result of mental attraction and is not limited to physical contact or physical presence. Even when two harmonious beings are many miles apart this exchange goes on without cessation. As you learn to realize more of these higher forces, you will discover that every thought of love you send out to another, and every vibration of love you attract, is a source of power and happiness to both the sender and the receiver.

Don't overlook that all-important fact that thought is an actual force and can produce definite physical changes without the words being spoken. Just as the emotion of love stirred to special activity for the moment will illuminate a face with beauty and power, so

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the entire life can be beautified and strengthened by the continuous expression of true love. We are what we give expression to. Then we should give expression to the highest form we can conceive—that of true love.

The expression of sex force from the physical standpoint has been discussed in all ages and by all classes of people. Some believing that the highest power in life can only be attained when the physical expression is repressed and a continent life adhered to. This is not in accord with nature, for all life consists of action and not repression. To attempt to repress natural forces is bound to result in the repression of life itself, causing weakness and death. The instructions in these lessons have been to produce an abundant expression of life, to create force, vim and vigor for both men and women. To repress and destroy the instinct upon which the world depends for its future generations would be race suicide and in contradiction to all laws of progression.

There are other people who believe that the sex force should be entirely and exclusively devoted to begetting offspring. In their opinion the sex functions have no legitimate sphere other than to perpet-



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uate the race. On the other hand, there are millions of people who seem to think that the sexual nature was provided for the mere gratification of the moment. In my opinion the correct use of the sex force consists neither in the repression nor the ignorant expression of that power. While it is true that every part of the being has its natural use, it is also true that the normal activity of the body, whether at work or play, should always be a source of enjoyment. There are no functions of the body that were designed exclusively for work or pleasure, Nature having ingeniously blended one with the other. Each function has its definite use in the economy of Nature, and it is only by the normal fulfillment of this use that the highest enjoyment is derived. The functions of sex are for definite purposes and their contribution to personal pleasure one of the purposes of Nature.

An important fact for you to remember is, that the sex forces have two modes of expression. Therefore, marital love may be consummated with one or two purposes in view. One being based upon a mutual desire to provide for the conception of a child. The other that the exchange of the magnetic force characteristic of each may result in the mutual increase of

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health and happiness for both. The accomplishment of the first of these two purposes necessarily depends upon the local or physical union. The second may be fulfilled independently of such contact, as previously stated. The acquirement of a more complete expression of life is produced by the blending of the united forces toward the attainment of renewed life and vigor. The keynote of this attainment is harmonious agreement. Where this agreement exists a silent force is constantly at work establishing the desired result.

Statistics prove that the average number of years lived by those who marry far exceed the average of those who remain single. This being true on the old plane of thought, which has surrounded life with so much ignorant action and consequent inharmony, how much more will it be true in the lives of people who perfect the marriage relations by loving agreement and a knowledge of Nature's laws of renewal?

One of the essentials of long life is an inspiring incentive to live. True love affords this inspiration. Under its influence life takes on a brighter color. Love is a continual suggestion of life, beauty and happiness. Every emotion produces a chemical effect upon the body, accelerating or retarding the circula-

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tion and life forces. Love is such a powerful emotion that its influence plays a very vital part in prolonging life. It is an established fact that every nerve and tissue in the body receives a direct benefit from the emotion of love.

One of the greatest mistakes made in the past and even in the present is to look upon love and courtship as a transitory period in the life. Constant courtship represents the normal life of people, whether young or old in years. The body takes on the condition of age in response to the dictates of the emotions. Therefore if youthful emotions are continued and perpetuated the body will continue to represent indefinitely this desirable period of life. If you choose to act old and curb the younger emotions you cannot expect to remain young for "as is the mind so is the body."

Husband and wife can be of the greatest help to each other in the demonstration of renewed life, by using loving suggestions, and harmoniously co-operating with each other in all the interests of life. Husband and wife should grow and develop side by side, that each may fully understand the other and be able to assist by word, sympathy or action at all times. Where one does not understand the efforts of the

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other, they cannot sympathize and mentally and magnetically co-operate to produce the desired results. Husband and wife should be as one in every respect.

If you have allowed your courtship days to pass away as ended, change your thoughts in this direction and begin at once to renew that state which was so enjoyable. Forget the years you have existed in comparative indifference to the spirit of courtship and begin to express love in its purest, richest form. I said "existed" because without the expression of love one does not live in the true sense of the word. Without love one lacks the warmth and emotions which create life, youth and beauty. He is like a stagnant pond compared with a flowing, babbling, laughing brook. He depresses the life force in those around him instead of spreading sunshine on all who come near him.

It is never too late to become the true, loving children Nature intended. Forget the years you have existed and begin to live again by cultivating love and courtship and renewed youth, and youthful powers will come to you.

Having had the philosophy of right living explained to you, you will now have a beautiful and sacred re-

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sponsibility with reference to the conception and rearing of children. It becomes your duty to make for them the demonstration of enduring youth easy and natural. Children should be taught and trained to expect a continued renewal of youth and power, instead of being taught that they must mature and fade prematurely. This training should not be postponed until years after birth, but should commence with the moment of conception. The pre-natal influence is of the greatest importance. It is at this time that the embryo being should be subjected to the vitalizing influence of the thoughts of abundant life. The thoughts of the parents at this time determine the characteristics of the child. The responsibility lies entirely with them. It is for them to prepare the conditions so that their children may be born well fitted to live, in the highest conception of the word. As you train your children you help or harm yourself. As you look upon them you will see the evidence of your negligence to accuse you or of your care to repay you. As you train your children in the right way of living you will be renewed and strengthened also.





## LESSON XV.

### *Protection Against Accidents*

No doubt the thought has occurred to you several times since beginning the study of these lessons that even should you attain perfect health, youth and beauty, yet you might not be able to live one hundred years because of the constant liability to an accident that might destroy the life of your body.

Many people die every year as the result of accident just as others die from disease, because they do not understand how to avoid it. Almost every life lost through accident could have been saved if the person had understood and heeded Nature's warning. Nature has provided us with the power of self protec-

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tion. Look around you and see the vast amount of danger people make themselves liable to in performing the simplest acts, to say nothing of the people who work among machinery, in building, manufacturing, etc., and yet come out without injury. When you consider the immense amount of possible danger that surrounds us at every step, you will admit that the number of accidents are very few.

What is this force that acts in our behalf for our protection? There is within man a power which does protect him to some extent from danger, and this same power would protect him absolutely if it were fully and normally developed. If man did not possess this intuitive power of discerning danger so as to consciously or unconsciously avoid it, he could not survive a single hour's existence. If you doubt this watch yourself for an hour on a busy street and see how many times you were so placed as to make an accident possible if you had not followed the advice from within and avoided it. An intelligence tells you, as you are about to cross the street, that to do so at that moment would be fatal, and you wait until that same voice tells you that your safety is assured; you then cross the street and all is well. You possibly do not analyze

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in words just what the inner voice says, because you are so accustomed to obeying it that its directions are followed automatically. In other words it has become a habit, a part of your very being. Some may say that it is reason which makes you do this, but it is not, for in critical moments there is no time to reason, nor do you stand and figure out the chances for and against you. While stopping to do this you would be placing yourself in further danger.

This constant watchfulness is exercised over the body by the mind that inhabits it, and demonstrates the power of mind over physical matter. The mind is in touch with all the conditions that approach the life. It reaches out in all directions and gathers the information best adapted to safely guide our lives. If we heed its instructions and warnings, we pass through the greatest dangers safely. If we rush on heedless of the mental advice, we usually meet with accident. At least we call it an accident when in reality it could and should have been avoided.

The secret of avoiding accidents lies in allowing the mind to have full control of the body, and in cultivating the finer mental instincts. We should listen to every dictate offered for the body's protection. If

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the intelligence comes to you mentally that there is danger in taking a certain journey, avoid it. Also apply this rule to every act of life. I do not mean for you to cultivate fear and become unnecessarily conscious of danger. Far from it. Instead you should at all times be calm and confident, but ever ready to recognize the warning of the watchful inner voice.

Bear in mind that an attitude of fear or inharmony is a menace to both life and limb. You always place yourself in danger when you permit the mind to lose control of the body. Apart from the physical destruction that results from extreme inharmony, such as quarrels, hatreds, feuds, etc., there is encouraged a risk that is dangerous to the life of the individual. All the senses are dulled by inharmony and especially by that discord produced by intense anger and excitement. An abnormal concentration on a wrong, be it real or not, destroys the perceptive faculties. The footsteps become uncertain, the hands tremble, the heart action unsteady and the breathing power repressed. Under such abnormal conditions one is far more liable to accident, because he cannot intelligently perceive and follow the mental warning of danger.

Perfect safety is found only in perfect peace. When



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in a harmonious mental attitude the mind can express its power of protection. Be strong and resolute. Determine that you will forever banish all anger, depression, fear, jealousy, irritation, despondency and worry. You have the power to be a master and can be one if you only exercise your right. By cultivating power in self you become assured of protection. To be calm and well poised is to be a center of power. The weak are those who have no control of their feelings and emotions. They are in constant danger of accidents. The same attitude of mind that is essential for the prevention of sickness is necessary for the prevention of accidents.

Have you never had an impression or mental message come to you to change some plan which you were about to carry out, and upon following the suggestion found that it saved you from accident or danger? All people receive these messages. Some obey them and are protected, others heed them not and have reasons to regret it. When these messages come you will be unable to give any tangible reason for following them, but you will shrink from carrying out your plans as you had previously intended to. This is reason enough as you may know later. The mind is ever on the alert

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to guard and protect the body. The more you pay attention to these messages the more keen your perceptive faculties will become. This is a natural faculty provided for the protection of humanity. Those who suffer as a result of an accident either had not cultivated their natural power, or, as is most likely the case, refused to listen to the warning voice and be guided by it.

The power to receive these messages of warning is cultivated by use and destroyed by neglect. Those who are nervous, fearful or living inharmonious lives cannot make use of this wonderful power, because they either fear every undertaking or their attention is so absorbed with worry and self-imposed trouble, that the silent voice cannot be heard by them. To recognize the delicate impression or message your attitude must be calm and self controlled. It would be impossible to recognize a slight ripple on a stormy ocean, yet that same ripple would be very easily seen on the surface of a lake that had previously been calm and smooth. It is just so with these mental vibrations. Thus it becomes necessary for you to cultivate the art of perfect internal and mental repose or calmness if you would protect yourself from every form of danger.

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Another wise precaution to be taken in avoiding accidents is to use good common sense and not join the masses in their frequently unintelligent and excited moods and demonstrations. Never risk life or limb in dangerous competitive sports. Do not kill any creature for idle sport. Use a camera instead of a gun when taking a vacation. Study the beauties of Nature instead of destroying its works. Cultivate a constructive instead of a destructive spirit. Destructive and cruel habits eventually react upon the person and injure him. Send out to all the world thoughts of peace and love and they will become for you, a source of harmony and protection.

Accidents are the result of an incomplete mental development. Cultivate all the forces with which Nature has endowed you. Do not allow your physical development to monopolize your entire attention to the detriment of your mental forces. Muscle, without brain to intelligently use it, is worse than useless. Have perfect faith in the subtle mental messages of warning that come to you and never fail to obey them and you will be absolutely proof against accident and have an assurance of living one hundred years.



## LESSON XVI.

### *Points to be Remembered*

In the previous lessons I explained in detail all the separate subjects which constitute complete life culture. In this lesson it is my intention to sum up the essentials and place them before you in a condensed form so that you may refer to them and quickly gain the information you need.

When you have not the time to spare to read the detailed lesson, you can refer to this one. I would advise you to read this lesson once a day. The suggestions it contains, if repeatedly recognized by the brain, will soon become a habit in the life and create the desired condition.



# How to Live 100 Years

At first it may appear that on account of the numerous points covered, that much time must necessarily be spent each day in carrying out the rules, but this is not so. In making a change from your previous method of living to a new and better one, you simply allow one habit to take the place of the other. The time you have been spending in unhygienic living is to now be used for hygienic purposes. The time usually devoted to eating breakfast can be spent in taking the physical and breathing exercises, the cool bath, etc. When the new mode of living has become fully adjusted as a habit, you will find that it requires no more time to live correctly than it did to live unwisely.

Keep the following points ever present in your brain that they may become your guides to a long and healthful life:

Realize clearly and distinctly that the prolongation of life and the attainment of health and beauty are to be secured only by mental and physical co-operation with the laws of Nature.

See clearly before your mental vision the ideal of

## Points to be Remembered

one hundred years of superb health, youth and beauty and never permit a lesser ideal to obscure the view.

Avoid all habits that limit your normal expression of life and persistently cultivate those habits which renew and invigorate.

Cultivate the right mental attitude. Encourage thoughts that are cheerful, inspiring, confident, courageous and ennobling. Avoid all thoughts that are discordant, fretful, fearful or pessimistic.

Be conscious at all times that your body is being made new by molecular change. Never think of yourself as growing old.

Cultivate the art of concentration by always centering your entire thought and force upon the subject under consideration. Never do anything in a careless manner.

Practice the mental exercises for building a youthful model from which to pattern the body, as instructed in Lesson V.

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Form a mental picture of yourself as in possession of perfect health, youth and beauty and affirm your power to make this ideal manifest in your daily life.

Have a definite purpose in life. Be continually interested in some work, study or attainment. A mind without a purpose is like a ship without a rudder. It accomplishes nothing.

Develop your breathing capacity by breathing correctly an abundance of pure air. Never sleep in a room that is not thoroughly ventilated.

Cultivate a correct carriage and poise of the body. Increase the internal and external strength by following the system of natural exercises.

Take at least one moderately long walk in the open air every day, paying particular attention to the correct poise of the body and the natural method of breathing. Look for the beauties of Nature while walking as this will give you inspiration and enthusiasm.

## Points to be Remembered

If troubled with constipation, either chronic or acute, don't neglect to take the exercises prescribed for its cure.

Take a cool sponge bath every morning immediately following the regular physical and breathing exercises. A warm bath should also be taken once or twice a week in the evening, just before retiring. Give your entire body a sun bath frequently.

Remember that two meals a day are sufficient to sustain the highest degree of health. That food eaten in excess of the needs of the body is the cause of disease and suffering.

Select a diet of nutritious, easily digested food. Avoid the use of animal flesh, alcohol, coffee and tea.

Masticate thoroughly every morsel of food, remembering that digestion begins in the mouth.

Drink from eight to twelve glasses of distilled water every day. Drink no fluids with your meals, but drink freely between meals, sipping the water slowly

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and realizing that it will dissolve and carry away the cause of "old age" and bring youth and beauty.

If you already express symptoms of advancing age, eat ripe cured olives or olive oil at every meal, and also rub the body with olive oil before retiring to sleep.

Eat at least one ripe, juicy apple every day, for this fruit is especially rejuvenative. It transforms age into youth.

Eat moderately. Over-eating is a crime, and the direct cause of premature death.

When your appetite is not natural, do not attempt to stimulate it, but fast for from twelve to thirty-six hours. Do not take drugs or stimulants to create an appetite. Nature will inform you when it is in need of more food.

Cultivate the art of relaxation, so that you can completely relax the body at a moment's notice. Avoid all needless tension and do not waste physical or mental energy.



## Points to be Remembered

Secure at least eight hours of rejuvenative sleep, and as much more as you find necessary. Relax and allow the bed to hold you.

Wear common-sense clothing—that which serves the comfort and hygienic requirements of the body. Avoid excessive clothing and such articles as restrict the normal expansion of the lungs and the circulation of the blood.

Cultivate the highest possible degree of personal beauty by fidelity to the principles of hygiene and by holding the purest and most beautiful thoughts your mind can conceive.

Keep the ideal of love and courtship ever present in your heart and brain. See that you always live and act the part of a devoted, intelligent sweetheart. Cultivate the higher and finer exchange of the sex forces.

Husband and wife should make a loving agreement to blend the united force of their beings, mental and physical, toward the attainment of renewed life and beauty.

## How to Live 100 Years

Learn to protect yourself from accidents by cultivating a calm, purposeful activity. Take no unnecessary risks of life or limb. Cultivate your intuitive power and be guided by your mental impressions of danger. Listen to the inner voice.

Make a special effort to understand the process of destruction and reconstruction going on within your body. Let the thought that this process is constantly at work rebuilding a new body, penetrate every cell of your brain.

Realize that your concentrated thought is the sculptor of your entire being. Affirm your power to modify and improve your life as you may desire.

Never admit the idea of maturity into your brain. Instead realize that the possibilities for unfoldment are unlimited. Make "perpetual youth" your motto.

Have no doubt as to your ability to make a complete and perfect success of demonstrating abundant life. Refuse to accept from others the suggestion of possible failure. Confidently expect to look

## Points to be Remembered

“younger and stronger each year” as far as would be consistent in realizing superb manhood or womanhood.

Realize that the attainment of enduring health, youth and beauty is not a matter of conquest, but is simply a harmonious co-operation with Nature and its wonderful processes.

Read and study these lessons carefully and frequently. If you find statements herein that are new to you, do not discard them as of no value, but study them thoroughly. As you come more closely into harmony with the laws of correct living, you will gradually realize the truth and value of every statement.

After you have learned these truths and demonstrated them in your own life, carry the message of power to others. By explaining these principles you will gain further strength and power. Avoid argument and do not waste time in trying to convince those who oppose your statements. They are not yet sufficiently advanced to be able to accept and comprehend. Convince them by your own demonstration of abundant life, and not by words.

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The way to live one hundred years and retain youth, health and beauty is to so think, speak and act that you are from the most natural standpoint—fit to live.

When you have reached your ideal by living in perfect health and beauty for one hundred years, you can then set up an ideal for another hundred years, and if you continue to improve the physical and mental system as you should, there is no reason why you should not prolong life indefinitely.

My object in setting the period at a hundred years was to give you an ideal that you could grasp, one that to you would seem less hard to demonstrate, than had I said at the commencement that you were to prepare yourself to live indefinitely.

The children of those who follow the rules given in these lessons will naturally inherit a long and healthy life. After a few generations life will become perpetual and death be unknown.

THE END.



# Do You want Success?

*Do you want to know how to  
gain it easily, quickly  
and honorably?*

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